

# Cultivating Happiness in Medicine

## Emotional/ Mental Health: Where to Get Help

For Physicians & APPS

Updated March 2021



# Where to get Mental/Behavioral Health Support - Physicians

- **Physician Support Line:** Call 1(888) 409-0141; Psychiatrists helping US physician colleagues with free and confidential services 7 days a week from 8 am to 1 am ET; [physiciansupportline.com](http://physiciansupportline.com)
- **Arizona Residents and Fellows:** Connect with [Tucson GME Mental Health Services](#) and [Phoenix College of Medicine Resource](#)
- **Arizona Medical Association – Virtual Doctors Lounge:** Connect with a peer coach in an evidence-based peer support program. Have ‘virtual’ coffee with a peer to discuss healthy coping mechanisms. Visit [Mdlounge.org](http://Mdlounge.org) to be matched with a peer. Questions? Call 646-809-0957 or email [mdlounge@ccainc.com](mailto:mdlounge@ccainc.com)
- **California Medical Association:** Northern California: 650.756.7787 • Southern California: 213.383.2691; Physicians Confidential Line. 24-hour phone service providing completely confidential doctor-to-doctor assistance for physicians experiencing substance use, depression, stress or career burnout; [Physicians Confidential Line](#) & [Physicians Confidential Line Flyer](#)



# Where to get Mental/Behavioral Health Support - Physicians

- **Colorado Physician Health Program (CPHP):** provides peer assistance service for licensed physicians and physician assistants of CO. Peer assistance services aid individuals who have any problems that would affect one's health such as emotional, psychological and medical problems. Call 303-860-0122 M-F 8:30 am to 4:30 pm; [Colorado Physician Health Program](#)
- **Nebraska Medical Association – LifeBridge Nebraska:** Confidential appointments allow you to connect with a physician peer coach at no cost to discuss normal life difficulties, challenges of a medical career, managing stress or career and personal life satisfaction. Call 888-569-2036; [LifeBridge Nebraska](#)
- **Nevada Physician Wellness Coalition:** Free and confidential information and mental health resources for physicians, their partners and families. Call 775-404-3307 M-F 9am – 5pm; [Nevada Physician Wellness Coalition](#)
- **Wyoming Professional Assistance Program (WPAP):** Provides professionals who are struggling with substance abuse and mental health issues with confidential assistance. For confidential assistance, please call 307-472-1222; [WPAP Virtual Peer Support](#) – a confidential weekly peer support group for healthcare professionals processing the impacts of working in healthcare during COVID-19; [Virtual Peer Support](#)



# Where to Get Mental/Behavioral Health Support

- **SAMHSA's Disaster Distress Helpline**, 1-800-985-5990 or text TalkWithUs to 66746 24/7; Provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- **National Suicide Prevention Hotline**: 1-800-273-8255; live chat services with a counselor available 24/7; [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- **National Alliance on Mental Health (NAMI)**: 1-800-950-NAMI (6264); available Monday through Friday, 10 a.m. – 6 p.m. EST); Text NAMI for crisis support 24/7 to 741-741; [www.NAMI.org](https://www.NAMI.org)
- **Substance Abuse Mental Health Services (SAMHSA)**: 1-800-662-HELP (4357) 24/7 for free and confidential services for individuals and families facing individual mental or substance use disorders; [samhsa.gov](https://samhsa.gov)
- **Veterans Crisis Line**: 1-800-273-8255; text 838255; available 24/7; this support is confidential for all veterans, service members, National Guard and Reserve, and their family members and friends. [veteranscrisisline.net](https://veteranscrisisline.net)
- **National Domestic Violence Hotline**: 1-800-799-SAFE (7233); TTY 1-800-787-3224; [thehotline.org](https://thehotline.org)



# Banner/Aetna Insurance Benefits



- Behavioral Health Benefits: Call (855) 788-5803
- Aetna Resources for Living (RFL) Benefits: Banner's employee assistance program (EAP)
  - Call (866) 568-7554; [www.resourcesforliving.com](http://www.resourcesforliving.com) (Username: Banner Password: EAP)
  - FREE and CONFIDENTIAL to all Banner team members and their household members
  - RFL counseling services: Visit a licensed mental health provider via scheduled appointment times telephonically or in-person
  - Talkspace: Share text, video or on-line messages with your mental health provider who will respond in one working day up to five days a week. Click [here](#) for FAQs or visit website [talkspace.com](http://talkspace.com), select Resources for Living
  - Six sessions per issue per year (Talkspace: One week is equivalent to one session).
    - *Issue topics include stress management, work/life balance, family issues, grief and loss, depression, anxiety, substance abuse, self-esteem, personal development and more*
- For more information about Banner benefits, please visit <https://www.flimp.me/banner2021>