

## WORK-LIFE INTEGRATION

### **Clinician Coaching**

In partnership with WellMD & WellPhD, the Healthy Living program offers individualized coaching sessions for enhancing work-life integration and professional fulfillment. Evidence in Stanford physicians demonstrates improvement in burnout and work-life integration. Partner with a nationally-certified coach experienced in working with School of Medicine faculty scientists, faculty physicians, and other clinicians. These sessions are STAP fund eligible. Subsidies are available from WellMD & WellPhD for SoM faculty lines, clinical fellows, and residents.

- Register at this QR code or by emailing [healthcoaching@stanford.edu](mailto:healthcoaching@stanford.edu)



### **WellMD & WellPhD Circles Concierge**

Concierge support service available to benefits-eligible SoM basic science and clinical science faculty, residents, and clinical fellows. In the face of intense work demands, this program is designed to save you and your household members time on personal tasks by assisting with researching household, recreation, health, and family services, as well as planning events and travel. This program is funded by WellMD & WellPhD and provided by Circles.

- Pre-enroll using this QR code



## EMERGENCY SUPPORT

### **Disaster Resources and COVID-19 Care**

We remain committed to providing support for faculty, residents, fellows, and medical students who test positive for COVID-19 or experience disaster-related emergencies. Available resources, including discounted lodging, can be found at [wellmd.stanford.edu/crisisresponse.html](http://wellmd.stanford.edu/crisisresponse.html).

## EMOTIONAL AND COLLEGIAL SUPPORT

### **WellConnect**

Confidential mental health referral and consultation service to facilitate timely access to counseling, stress management and coping skills, wellness coaching (including strategies to mitigate burnout), and mental health services. Open to all benefits-eligible SOM faculty as well as fellows and residents.

- Access this benefit at [wellconnect@stanford.edu](mailto:wellconnect@stanford.edu) or (650) 724-1395 (available 24/7)



### **Physician Resource Network (PRN) Support**

Confidential, independent, legally-protected collegial support and resources for life's inevitable clinical, professional, and personal challenges. This program typically consists of 1-2 interactions and is available for all faculty, residents, and fellows.

- Contact PRN Peer Support at [prnsupport@stanford.edu](mailto:prnsupport@stanford.edu)

### **Faculty Staff Help Center (FSHC)**

Available for **individuals, couples, and families**, FSHC provides short-term professional and confidential counseling about work-related or personal issues. **Family members can enroll independently.** This benefit includes 10 free sessions per topic and is open to faculty, fellows, residents, and post-docs.

- Request an appointment at the link above

### **OAA Faculty Advisory and Support Panel**

Peer support, information, and connection to resources for faculty who are feeling concern and stress about their career advancement and other professional issues. Open to all faculty.

- Email panel members directly at the link above



= also available for household members

