

EMOTIONAL 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 fellows and residents as well as faculty.

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



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 residents, clinical fellows, post-docs and faculty.

- Request an appointment at the link above

PHYSICAL SUPPORT

Resident and Fellow Meal Program

Free meals are provided to residents and fellows on overnight shifts at both SHC and SCH. In addition to providing nourishment, this benefit provides residents and fellows an opportunity to stay healthy, connect, build community, and support each other.

EMERGENCY SUPPORT

Disaster Resources and COVID-19 Care

We remain committed to providing support for residents, fellows, faculty, 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.

WORK-LIFE INTEGRATION & PROFESSIONAL SUPPORT

WellMD & WellPD Circles Concierge

Concierge support service available to benefits-eligible SoM residents, clinical fellows, basic science, and clinical science faculty. 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



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 Stanford 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



COLLEGIAL SUPPORT

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



= also available for household members



