

Wellness Resources for UC-COM Faculty

Mental Health/Crisis Management:

- **UC Psychiatry – Expedited Scheduling**
 - Lauren Goodwin - Clinical Operations Supervisor 513-558-3191

Primary contact for expedited outpatient evaluation, generally available Monday – Friday, 8 AM to 6 PM. Can easily refer to an available resource either in addiction or psychiatry. UC Psychiatry anticipates the ability to have an expedited evaluation performed within 1 - 2 days.

 - LaFrance Robinson - Intake Coordinator 513-558-5986
 - Melissa DelBello - Psychiatry Department Chair 513-702-2646
- **UCH Addiction Services**
 - 513-585-8227
 - Contact: Dejalai Duke 513-585-8284
- **Lindner Center of Hope**
 - Website: <https://lindnercenterofhope.org/>
 - Intake Line (daytime hours): 513-536-0600
 - For all calls: 513-536-HOPE (4673)
- **Psychiatric Emergency Services at Ridgeway (PES):**
 - Phone number: 513-584-8577
 - Address: University of Cincinnati Medical Center Psychiatric Services 3200 Burnet Avenue Cincinnati, OH 45229)
- **Suicide Prevention Hotline:**
 - Phone number: 1-800-273-8255 (TALK)
 - Website: <https://suicidepreventionlifeline.org/>
- **Impact Solutions – UC Employee Assistance Program:**
 - Phone number: 1-800-227-6007
 - Provides 24/7 counseling services (5 of which are free), resources for legal services, eldercare and childcare. All UC benefits-eligible employees and their household members, dependents living away from home, and both parents and in-laws are eligible to receive assistance.
 - Website: <https://www.uc.edu/hr/benefits/eap.html>

Physical Health and Wellness:

- **UC Be Well Initiative:** A great repository for general wellness items, programs and events.
 - Website: <http://www.uc.edu/hr/bewelluc.html>
- **Campus Recreation Center/Care Crawley Gym:**
 - Cost \$36.66/month with possible rebate of 26.66/month if you attend more than eight times a month.
 - There are shower facilities and a sauna available in the CARE/Crawley gym.
 - Free with membership: group fitness classes, climbing wall access, and access to the aquatic center on main campus
 - Members receive a 30% discount on personal training, nutrition, and other services
- **UC Integrative Medicine Center**
 - Main website: <https://uhealth.com/integrative/>
 - Mind-body faculty training: <https://www.med.uc.edu/integrative/student-faculty-wellness/faculty-training>

Wellness Resources for UC-COM Faculty (con't)

Time and Task Management:

- Impact Solutions – UC Employee Assistance Program
 - Includes legal services, eldercare, childcare
 - Website: <https://www.uc.edu/hr/benefits/eap.html>

Professional Development

- UC-COM Faculty Development Lecture Series
 - Focuses on professional, research and teaching/educational development
 - 2017 Recorded Lectures: <http://med.uc.edu/faculty/workshop-recordings/sept-2017-may-2018-com-faculty-development-workshop-recordings>

State and National Resources:

- AMA Steps Forward Program
 - Website: <https://www.stepsforward.org/>
 - Provides online tools for increasing satisfaction with work practices and wellbeing
- American Foundation for Suicide Prevention
 - Website: <https://afsp.org/our-work/education/healthcare-professional-burnout-depression-suicide-prevention/>
 - Provides information and resources for suicide prevention
- Crisis Chat Services
 - Website: www.crisischat.org
 - Free, confidential national online chat resource available from 2pm to 2am EST, seven days a week
- National Academy of Medicine Clinician Wellbeing Knowledge Hub
 - Website: <https://nam.edu/clinicianwellbeing/>
 - Provides additional resources on clinician wellbeing
- Ohio Physicians Health Program
 - Website: <https://www.ophp.org/>
 - Offers confidential resources for health and wellbeing, including counseling services