Caregiver Wellness Resources

UMassMemorial Health Care | University of Massachusetts UMASS Medical School

Center for Mindfulness
774-442-4681 | mindfulness@umassmemorial.org
www.umassmemorialhealthcare.org/umass-memorial-center-mindfulness

Employee Assistance Program (EAP)
800-322-5327 | eap@umassmed.edu
Marlboro Hospital EAP: 800-311-4327
HA-Clinton EAP: 800-445-1195 (www.coastlineeap.com)

Employee Health
508-793-6400 (M-F, 7-5)
employee.healthservices@umassmemorial.org

Employee Wellness Program (myHealthMatters)
Thomas Ward, Wellness Program Manager
508-334-6414 | myhealthmatters@umassmemorial.org

GME Wellness (Resident & Fellow Wellness)
Steve Bird, MD | steven.bird@umassmemorial.org | 508-421-1422
https://umassmed.edu/well-being/gme-residents-and-fellows/

House Office Counseling Services
Alan Brown, MD | alan.brown.umassmemorial.org
Tina Runyan, PhD | christine.runyan@umassmemorial.org
508-856-4672 (confidential voicemail)

Medical Student Wellness
Michael Hirsh, MD | michael.hirsh@umassmemorial.org
Mark Miceli, EdD | mark.miceli@umassmed.edu

Clinician Experience Office (CXO)
bwell@umassmemorial.org

Steve Bird, MD
508-421-1422
steven.bird@umassmemorial.org

Sherri Gentile
774-441-7907
sherri.gentile@umassmemorial.org

OTHER RESOURCES

COVID-19 Information for Employees
https://www.umassmemorialhub.org/coronavirus-information-for-employees?covid-19-alerts=&covid-19-page=true

UMassMed Well-Being
https://umassmed.edu/well-being/

National Suicide Hotline
800-273-TALK (800-273-8255)
Crisis Text Line: text HOME to 741741

Office of Faculty Affairs
508-856-3244 | faculty.affairs@umassmed.edu
https://umassmed.edu/ofa/

Peer Support Network
bwell@umassmemorial.org | 774-441-7907

Physician Health Services (PHS)
Steven Adelman, MD | 781-434-7404
http://www.massmed.org/phshome/

Student Counseling Services
Ruthann Rizzi, MD
SCS@umassmed.edu | 508-856-3220 (M-F, 8-4:30)
Emergency Mental Health (EMH): 508-856-3562

UMMHC Self Insurance Program Support Services
Timothy Slowick | timothy.slowick@umassmemorial.org
(508) 334-5402 (confidential voice mail)

Wellness Coaching
bwell@umassmemorial.org | 774-441-7907