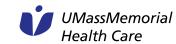
# **Provider Wellness Resources**





#### **Center for Mindfulness**

 $774\text{-}442\text{-}4681 \mid \underline{mindfulness@umassmemorial.org}$  www.umassmemorialhealthcare.org/umass-memorial-center-mindfulness

#### **COVID-19 Information for Employees**

<u>Visit the Hub</u> for the most up-to-date information. Contact <u>Employee Health</u> with questions.

### Emergency Assistance Support for Employees Fund (EASE Fund)

UMMHC employees can <u>apply for</u> one-time, temporary financial assistance when experiencing financial hardship.

#### **Employee Assistance Program (EAP) - UMMHC**

Serviced Via Optum: 800-322-5327 liveandworkwell.com (code: umass memorial)

## **Employee Assistance Program (EAP) - UMMS**

800-322-5327 | www.umassmed.edu/eap eap@umassmed.edu

#### **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



Epic: Get Rid of Stupid Stuff (GROSS)
Email suggestions to gross@umassmemorial.org

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

#### **House Office Counseling Services**

Alan Brown, MD | <u>alan.brown.umassmemorial.org</u>
Tina Runyan, PhD | <u>christine.runyan@umassmemorial.org</u>
508-856-4672 (confidential voicemail)

# Learner Emergency Assistance Fund (LEAF Fund)

UMMS learners can <u>apply for</u> one-time, temporary financial assistance when experiencing financial hardship.

#### **National Suicide Hotline**

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

#### Office of Faculty Affairs

508-856-3244 | <u>faculty.affairs@umassmed.edu</u> https://umassmed.edu/ofa/

#### **Peer Support Network**

Colleagues trained to talk with you about serious adverse patient events or traumatic personal events.

bwell@umassmemorial.org | 774-441-7907

#### **Physician Health Services (PHS)**

Steven Adelman, MD | 781-434-7404 http://www.massmed.org/phshome/

#### **UMMHC Self Insurance Program Support Services**

Timothy Slowick | timothy.slowick@umassmemorial.org (508) 334-5402 (confidential voice mail)