Provider Wellness Resources

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

**COVID-19 Information for Employees**
Visit the Hub for the most up-to-date information.
Contact Employee Health with questions.

**Emergency Assistance Support for Employees Fund (EASE Fund)**
UMMHC employees can apply for 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

**Clinic 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

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

**Learner Emergency Assistance Fund (LEAF Fund)**
UMMS learners can apply for 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 | faculty.affairs@umassmed.edu
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)

**Provider Wellness Resources**

**FROM THE CXO**

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

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