

## Trainee Well-Being: Useful Links, Crisis Resources, Books and Articles

- [Consortium Policy on Work Environment \(Safety, Quality, Well-Being and Vendor Relations\)](#)
- [Consortium GME Policy regarding counseling and behavioral health](#)
- UCF GME Policy on Trainee Wellness Program: <https://med.ucf.edu/academics/graduate-medical-program/trainee-wellness-program/>
  1. **Employee Assistance Program (EAP):** UCF residents and fellows are able to take advantage of our new [Employee Assistance Program, Health Advocate](#), which provides free and confidential counseling and coaching services. Through the EAP, employees are provided with experienced, professional counselors who are available to help with virtually all types of personal problems, such as **financial, alcohol/drug abuse, psychological, job burnout, stress, child concerns, marital issues, and adult dependent care**. UCF makes this service available to all employees and their eligible family members, including spouses, dependent children, parents, and parents-in-law. Total confidentiality and anonymity is provided to those who call the EAP directly for consultation. Visit [www.healthadvocate.com/members](http://www.healthadvocate.com/members) for additional resources available to UCF employees through the Health Advocate EAP program or you may call 1-877-240-6863.
- ACGME wellness resources page: <http://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/Resources/Additional-Resources>
- YouTube Video developed by Mayo Clinic and American Foundation for Suicide Prevention: <https://www.youtube.com/watch?v=I9GRxF9qEBA>
- Current research on web-based tools and apps to mitigate burnout, depression, and suicidality among healthcare professionals is summarized in [Academic Psychiatry](#) 2018; 42:109-120. "MoodGYM" is evidence-based and is a 5-week web-based CBT program that has been shown to decrease suicidal ideation in medical interns. It is important to note, however, that no such web-based tools or apps is considered a suitable replacement for in-person interventions for treatment of depression or prevention of suicide. "Rather, they can be used to bridge the obstacles to intervention and, in doing so, hopefully serve as a catalyst for individuals to seek direct support...We also see these interventions as niched more for managing stress, burnout, and relatively mild depressive symptoms, where professional help may not yet be indicated."
- Suicide and Crisis Intervention Hotlines:
  1. Central Florida Helpline 407-740-7477
  2. We Care Crisis Center 407-425-2624
  3. Alachua County Crisis Center (352-264-6789): they accept calls from throughout Florida. They are staffed by well-trained volunteer crisis counselors who are typically mental health graduate students and there is a licensed professional on call. You can call 24/7 any day of the year. They have a 50-year history.
  4. National Hopeline Network 1-800-784-2433
  5. National Association on Mental Illness: <https://www.nami.org/>, helpline is 1-800-950-6294

- Emergency Psychiatry Resources:
  1. Central Florida Behavioral Hospital  
6601 Central Florida Parkway, Orlando FL, Phone: (407) 370-0111  
Offers inpatient treatment, adult affective disorder program, electro-convulsive therapy, intensive outpatient program, and adult partial hospitalization program. Referrals are accepted 24/7. In-network with most insurance plans including BCBS, Medicare, and Tricare.
  2. University Behavioral Center, 2500 Discovery Drive, Orlando, FL 32826, Phone (407) 275-2203 <http://www.universitybehavioral.com/> Services: Adult acute inpatient treatment, adult substance abuse and detox treatment, intensive residential treatment, adolescent short term/extended stabilization inpatient treatment.
- Other Psychiatry Resources:
  1. Contact “Psychology Today” at <https://www.psychologytoday.com/> : enter your zip code, insurance, and a primary area of concern (i.e., depression, eating disorder), and it generates local providers (therapists, psychologists, and psychiatrists).

### Online Self-Help Resources

- [Anxiety & Stress](#)
- [Headspace](#)
- [Relaxation Strategies](#)
- [Insomnia](#)

### Personal Best and Resilience Building Strategies

- [Personal Best](#) –by Atul Gawande, The New Yorker
- [The Road to Resilience](#) – American Psychological Association
- [Failure and Rescue](#) –by Atul Gawande, The New Yorker

### Other Books and Articles

- [Difficult Conversations: How to Discuss What Matters Most](#) Douglas Stone
- [Peace is Every Step: The Path of Mindfulness in Everyday Life](#)
- [Present Perfect: A Mindfulness Approach to Letting Go of Perfectionism and the Need for Control](#) Pavel Somov
- [The Mindful Path to Self-Compassion: Freeing yourself from Destructive Thoughts and Emotions](#) Christopher K. Gerner
- [Breaking the Stigma – A Physician’s Perspective on Self-Care and Recovery](#)