

## Emergency Contact Numbers

**988 Suicide and Crisis Lifeline: Dial 988**

**Crisis Text Line: Text HOME to 741741**

**Physician Support Line: 888.409.0131**

**Domestic Violence Hotline: 800.799.SAFE (7233)**

### Crisis Resources

- [988 Suicide and Crisis Lifeline Dial 988](#) - The 988 lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.
- [Physician Support Line 888.409.0131](#) – Offers free and confidential peer support to American physicians and medical students by creating a safe space to discuss immediate life stressors with volunteer psychiatrist colleagues.
- [Crisis Text Line | Text HOME To 741741 free, 24/7 Crisis Counseling](#) - Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need.
- [Domestic Violence Support | National Domestic Violence Hotline \(thehotline.org\) 1.800.799.SAFE \(7233\)](#) The Hotline is an immediate link to lifesaving help for victims. It provides information and assistance to adult and youth victims of family violence, domestic violence, or dating violence, family and household members, and other persons.

### Free Counseling and Therapy Services for Residents

- [Wasatch Behavior Health](#) – The sponsoring institution provides our residents **free** and **confidential** counseling services to promote well-being, reduce clinician burnout, and support your mental health. Counseling services are confidential in accordance with the ethical standards of the American Psychological Association (APA) and state and federal law. No information about seeking care and no information disclosed in the sessions will appear in your GME training records.

- [Noorda-COM Employee Assistance Program 833.787.7781](#)– Access support for behavioral health care and wellness.

### Screening Tools and Information about Depression, Anxiety, Burnout, and Addiction

- [Depression Screening Tool](#) – The Anxiety and Depression Association of America provides this self-screening tool for Depression and focuses on improving quality of life for those with anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.
- [Anxiety and Depression Screening Tools \(mhanational.org\)](#) –Mental Health America provides several self-screening tools (depression, anxiety, addiction, and eating disorders), information about behavioral health disorders, covers topics such as self-harm, intrusive thoughts, psychological conditions, and treatment options.
- [Alcohol Abuse Screening Tool](#)
- [Burnout Assessment Tool](#) – MindTools provides a self-screening assessment to check for burnout.
- [Lisa Damour: 3 Steps of Anxiety Overload -- and How You Can Take Back Control | TED Talk](#) - Psychologist Lisa Damour breaks down how to recognize when anxiety is helpful and when it's harmful, offering simple solutions for calming yourself and taking back control when you feel it slipping away.
- [Sangu Delle: There's no shame in taking care of your mental health | TED Talk](#) – “Being honest about how we feel doesn’t make us weak – it makes us human.”
- [Olivia Remes: How to cope with anxiety | TED Talk](#) - In her talk “How to cope with anxiety”, Olivia Remes of the University of Cambridge will share her vision on anxiety and will unravel ways to treat and manage this health disorder.
- [10 Ted Talks for Burnout](#) – A Ted Talks playlist about burnout.

### Podcasts

- [Mindful Awareness Podcasts](#) - UCLA Health offers this **free**, drop-in, 30-minute guided meditation session that can be downloaded through the UCLA Mindful App. These weekly drop-ins have a different theme and offer a new daily life practice for the week.
- [ACGME’s AWARE](#) - Well-being resources specifically designed for residents, faculty members, and graduate medical education (GME) programs and institutions to promote well-being, mitigate the effects of stress, and prevent burnout.

## Apps for self-care

- [Headspace](#) - teaches people the life changing skills of meditation and mindfulness in just a few minutes to help people stress less and focus more and even sleep better.
- [10% Happier](#) - “Meditation for Fidgety Skeptics.” The **free** part of the app has a good intro into meditation, while the paid part offers personal counseling as well.
- [Calm](#) – a great app for sleep, meditation, and relaxation.
- [Insight Timer - #1 Free Meditation App for Sleep, Relax & More](#) – a meditation app designed to help users cope with anxiety and stress and promote relaxation and better sleep.
- [Mindfulness Coach](#) - Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, increasing self-awareness, helping with anxiety and depression, and coping more effectively with chronic pain.
- [The Resilient Option](#) - an on-demand stress-resilience program. A four-module, self-paced video-based program with a blend of neuroscience, stories, and skills, that systematically and sequentially build your resilience. Skills are designed to improve emotional intelligence, focus, energy, and relationships. Each module takes you a step closer to fostering a resilient mind, helping you get the most out of life. Discount coupons are available if requested.
- [Insomnia Coach](#) - Insomnia Coach is designed for individuals who are suffering from insomnia. The app is based on Cognitive Behavioral Therapy for Insomnia (CBT-i) and provides a training plan and a sleep coach with personal feedback.