

MENTAL HEALTH RESOURCES

Available to all WashU *Employees*:

Priority access to WashU Employee Clinical Services with the WashU Department of Psychiatry.

Outpatient therapy and psychiatric services to Washington University employees and their families (spouses, domestic partners, and children who are dependents).

<https://psychiatry.wustl.edu/patient-care-3/employee-clinical-services/>

WashU Employee Assistance Program (EAP)

Visit GuidanceResources.com

Click on the “register” tab on the right. Enter webID WASHU
or call 844-365-4587 for 24/7 service

Calm App:

Free to all members of the department as well as 5 additional accounts for friends/family
Sign up using your wustl email

Visit this link: <https://www.calm.com/b2b/wustl-anesthesiology/subscribe>

PIA SAFE:

Available to assist with peer support, resource guidance, and assistance reporting and navigating negative interactions

<https://intranet.anest.wustl.edu/PiaSafeCheckIn/CheckIn>

For all WashU *Clinicians*:

Meet Marvin:

Online concierge therapy program only for clinicians.

Login using “WashU”

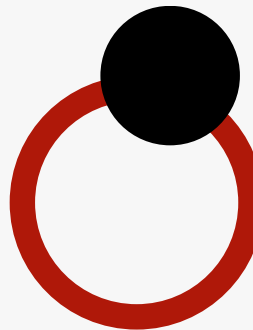
3 free sessions and then able to be billed to insurance

<https://www.meetmarvin.com>

Clinician Peer Support Program:

This program supports clinicians through events including poor outcomes, adverse events, negative interactions with patients or families, or a sense of helplessness related to your own abilities and/or care

<https://anesthesiology.wustl.edu/items/clinician-peer-support-program/>



MENTAL HEALTH RESOURCES

Residents & Fellows:

GME Support Services

<https://gme.wustl.edu/wellbeing/gme-wellness-counseling/>

For Goldfarb Students:

Goldfarb has a partnership with the BJC Employee Assistance program:
Through this program, you are eligible for free counseling sessions.

BJC Student Assistance Program (SAP)

<https://www.bjceap.com/>

WashU recommended community referrals

WashU community referral programs:

<https://psychiatry.wustl.edu/wellness-resources/wustl-community-referral-providers/>

The Care Collective

Offers 3 free mental telehealth sessions with healthcare workers, first responders, clergy, and essential service workers. Submit inquiry for sessions on their website.

7711 Bonhomme Avenue, Suite 850

Saint Louis, MO 63105

314-786-3430

<https://thecarecollective.co/>

Important Numbers:

Physician Support Hotline: 1-888-409-0141

Suicide and crisis hotline: 988

General HR Website: <https://hr.wustl.edu/>

