

# Resident Wellness Guide for Mental Health Resources

## Office of Graduate Medical Education (OGME)

Residency training is a time of tremendous personal and professional growth. It can also be very stressful. It is not at all uncommon for residents from time to time to feel stressed, overwhelmed, burned-out, or even to develop clinical

depression. If you should experience any of these, we encourage you to seek or accept help. You do not need to shoulder these burdens alone. If you are feeling overwhelmed, find someone you trust to talk to, whether it be a colleague, friend or family member, your doctor,

your pastor, or your program director. For any resident who needs some professional assistance, multiple resources are available.

These resources and how to access them are reviewed in this publication.



**SIU SCHOOL**  
*of* **MEDICINE**

### **HOSPITAL EMPLOYEE ASSISTANCE PROGRAMS**

#### *Springfield*

**HSHS St. John's**  
"Compsych Guidance Health Resources"  
(877) 327-7429

**Springfield Memorial  
Hospital (217) 788-9345**

[Employee Assistance Program | Memorial Health Memorial Central/EAP Quicklinks](#)

#### *Affiliates*

**Alton Memorial Hospital**  
(888) 505-6444

**Blessing Hospital—Quincy**  
(217) 224-4454

**Decatur Memorial Hospital**  
(217) 788-9345 [Employee Assistance Program | Memorial Health Memorial Central/EAP Quicklinks](#)

**Memorial Hospital of  
Carbondale—SIH**  
(800) 356-0845

### **Counseling OR Therapy: Hospital Employee Assistance Program (EAP)**

An employee assistance program is provided for all residents and fellows by their employing hospital. This program provides professional, confidential assistance by a counselor to anyone in need. This is free, and

no record of contact with the counselor is placed in your medical records, Health Service records or personnel file. All contact is kept confidential, except as required by law or in situations deemed potentially life-threatening.

### **Insurance Information**

To find out the current panel of psychologists and psychiatrists available to you through your employing hospital's health insurance plan, please contact the following companies.

**HSHS St. John's**  
Aetna HMO & PPO Residents Benefit Plan  
<https://www.virtualfairhub.com/hshs/Medical-Residents>

**Springfield Memorial  
Hospital**  
BCBSIL PPO  
844-266-8797  
<http://bcbsil.com/>

**Blessing Hospital**  
Self funded—SMH Benefit Services  
(217) 223-1200 Ext.6850

**Decatur Memorial  
Hospital**  
BCBSIL PPO  
844-266-8797  
<http://bcbsil.com/>

**If you are in crisis,  
please call or text  
The  
Suicide & Crisis  
Lifeline at 988  
or chat online at  
988lifeline.org/  
chat**

**Southern Illinois  
Healthcare**  
Health Alliance  
(800) 851-3379  
OR Consociate  
(800) 798-2422

**Alton Memorial  
Hospital**  
Cigna Local Plus  
Cigna Open Access Plus  
(800) 244-6224

## Office of Graduate Medical Education (OGME)

301 N. 8th Street, Suite 3A158  
Springfield, IL 62701

Phone: 217-545-8853  
Email: jrodgers@siumed.edu

[www.siumed.edu/gme/  
resident-well-being.html](http://www.siumed.edu/gme/resident-well-being.html)

Visit the Wellness section of the OGME website for information on general wellness, self-assessments, stress management, and mental health.

**24 Hour  
HelpLine:  
(800) 215-4357**

[http://  
www.illinoisphp.com/](http://www.illinoisphp.com/)

## Psychiatric Care

Any resident or fellow who is in need of brief psychiatric intervention can utilize a confidential service offered by the Office of Graduate Medical Education (OGME).

**This includes one psychiatric evaluation and up to six follow-up visits, free of charge with no questions asked.**

A resident or fellow wishing to utilize this service can **contact OGME at (217) 545-8853** and request a confidential number in order to access services.

You do not need to give your name. All treatment information is kept confidential except as required by law, or if the resident gives permission.

### AVAILABLE PROVIDERS

SPRINGFIELD	Memorial Specialty Care Psychiatry (Vine Street Clinic)* (217) 862-0115 — <i>Clinic Manager</i>
	SIU SOM Psychiatrists * # (217) 545-7687— <i>Clinic Administrator Emily Snow</i>
	* accepts Memorial / Health Alliance # accepts Aetna HMO / PPO
ALTON, CARBONDALE, DECATUR and QUINCY	SIU SOM Psychiatrists via Telehealth (217) 545-7687

### HOW TO ACCESS CARE

1. Contact OGME to request a confidential service number; (217) 545-8853.
2. Call the number of the selected provider & identify yourself as an SIU Resident with a confidential number to access psychiatric services.
3. The *contact person* will arrange an appointment.
4. It is recommended that insurance information not be provided until the resident determines if they will continue with treatment beyond the evaluation & 6 visits.

## The Illinois Professionals Health Program (IPHP)

The Illinois Professionals Health Program (IPHP) is a statewide program providing support, accountability, and earned advocacy for healthcare professionals throughout Illinois. The IPHP is recognized by the Federation of State Physician Health Programs (FSPHP) as the approved physician health program for Illinois, the National Organization of Alternative Programs (NOAP), and the National Council of State Boards of Nursing (NCSBN) as the alternative to disci-

pline program for Illinois. The IPHP provides confidential consultation, support, and monitoring/case management services to healthcare professionals facing behavioral, mental or physical health concerns that may affect the professional's health, well-being, or ability to practice his or her profession. The Illinois Professionals Health Program complies with Federal law 42 U.S.C., 290dd-2; 42 C.F.R. Part 2, which protects confidentiality. Participation in the IPHP is voluntary and confidential. Communication with the IPHP is kept strictly confidential.