# Resident Wellness Guide for Mental Health Resources

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 professional assistance, multiple resources are available.

These resources and how to access them are reviewed in this publication. If you are in crisis,
please call or
text
The
Suicide & Crisis
Lifeline at 988
or chat online at
988lifeline.org/
chat

HOSPITAL EMPLOYEE
ASSISTANCE PROGRAMS

## Springfield & Decatur Memorial Hospitals

(217) 788-9345

Employee Assistance Program | Memorial Health

#### HSHS St. John's— Springfield

Compsych Guidance Health Resources

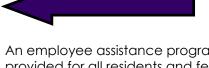
(877) 327-7429

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

Blessing Hospital—Quincy Telus Health (800) 586-5882

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

## Counseling / 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 companies listed below.

#### HSHS St. John's

HSHS Benefit Plans through UMR

https://benefits.hshs.org/Find-a-Provider

## Springfield & Decatur Memorial Hospitals

Health Alliance Quality Plan, 800-322-7451 Health Alliance.org

## **Blessing Hospital**

Current Health Solutions (217) 223-8400 Ext. 6850

### Southern Illinois Healthcare

Allegiance (855) 999-1052

### 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

Visit the Wellness section of the OGME website for information on general wellness, self-assessments, stress management, and mental health. www.siumed.edu/gme/resident-wellbeing

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

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 (217) 862-0115 — Clinic Manager
SPRINGFIELD	SIU SOM Psychiatrists (217) 545-7687— Clinic Administrator
ALTON, CARBONDALE, DECATUR and QUINCY	SIU SOM Psychiatrists via Telehealth

#### **HOW TO ACCESS PSYCHIATRIC 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. If there are questions about the process, refer the person to Jennifer Rodgers, 217-545-8853.
- 4. It is recommended that insurance information not be provided for the initial evaluation & 6 follow up visits to prevent accidental billing.

## 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 discipline 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.