

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](#)**

Counseling / Therapy: Hospital Employee Assistance Program (EAP)



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

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

[HSHS UMR Provider
Finder](#)

Springfield & Decatur Memorial Hospitals

Health Alliance Quality
Plan, 800-322-7451

HealthAlliance.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-well-being



Physician Support Line
1-888-409-0141
Free, Confidential, &
Anonymous

**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.

AVAILABLE PROVIDERS*:

SPRINGFIELD	Memorial Specialty Care Psychiatry (217) 862-0115 — <i>Clinic Manager</i>
SPRINGFIELD	SIU SOM Psychiatrists (217) 545-7687 — <i>Clinic Administrator</i>
ALTON, CARBONDALE, DECATUR and QUINCY	SIU SOM Psychiatrists via Telehealth (217) 545-7687 — <i>Clinic Administrator</i>

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 con-

fidential 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.