

# We Care About YOU!

Trainees have access to wellness resources including mental health resources and employee assistance programs through OGME's website: <https://www.siumed.edu/gme/resident-well-being>. Trainees can contact the OGME (217-545-8853) anonymously to request a confidential number to access anonymous psychiatric care services.

Program Directors and Coordinators also have access to a plethora of resources for wellbeing in Dropbox.

## Gym Membership Discounts

YMCA: 2 locations

601 N 4th St  
4550 W Iles Ave

## Rates:

1 Adult: ~\$42.00/mo

1 Adult + kids: ~\$49.00/mo

2 Adults + kids: ~\$60.00/mo

Kids must be under 18

\$99 joining fee

Take your hospital badge when signing up!

## Workout Spaces

Prairie Heart Institute (PHI)

Cardiac Rehab

Orientation & Waiver Required

619 W. Mason, 1st Floor

Ask program coordinator for details

Springfield Memorial Hospital

B800

Code required (see sleep room info)

St. John's Hospital, Main

12001

Use Elevator Bank on south side

Wellness Rooms

MLC, 2nd Floor

Badge access 24/7

St. John's Hospital

Serenity Rooms are located throughout the hospital.



Physician Support Line  
1-888-409-0141



**SIU MEDICINE**  
FORWARD. FOR YOU.