Mental Health Resources

As we start our new academic year, we wanted to remind everyone of the mental health resources that are available to physicians through Stanford.

Stanford WellConect for House Staff - Offers up to 12 free and confidential counseling sessions for house staff. [https://med.stanford.edu/psychiatry/special-initiatives/wellconnect.html](https://med.stanford.edu/psychiatry/special-initiatives/wellconnect.html)

Faculty Staff Help Center for all Hospital Employees (including residents and fellows) - Offers up to 10 free and confidential for individuals. Also available to your partners, families, and children under. They also arrange Facilitated Conversations for individuals and coworkers who are having challenging workplace situations. [https://cardinalatwork.stanford.edu/faculty-staff-help-center/services](https://cardinalatwork.stanford.edu/faculty-staff-help-center/services)

Physicians Resource Network (PRN) - For all MDs. You can call to have a confidential discussion with a trained physician colleague about tough patient encounters, burnout, etc. The goal of the PRN Support group is to let you talk in a confidential setting when tough situations arrive. [http://wellmd.stanford.edu/get-help/prn-support.html](http://wellmd.stanford.edu/get-help/prn-support.html)