

COLLEGIAL SUPPORT

Stanford School of Medicine | Office of Academic Affairs Faculty Advisory and Support Panel

Peer support, information, and connection to resources for faculty who are feeling concern and stress about their career advancement and other professional issues.

med.stanford.edu/academicaffairs/faculty.html

WORK-LIFE INTEGRATION

BeWell Coaching

In partnership with WellMD & WellPhD, the Healthy Living program offers individualized coaching sessions with a nationally-certified coach, specifically for School of Medicine faculty scientists, physicians, and other clinicians for enhancing work-life integration and professional fulfillment.

Contact:

- bewell.stanford.edu/coaching-for-physicians-som-faculty
- healthcoaching@stanford.edu

WellMD & WellPhD Circles Concierge Program

Concierge support service available to benefits-eligible SoM basic science and clinical science faculty, residents, and clinical fellows. In the face of intense work demands, this program is designed to save you time on personal tasks by assisting with researching household, recreation, health, and family services, as well as planning events and travel. This program is funded by benefactors and provided by Circles. Pre-enroll using the QR code here.

med.stanford.edu/content/dam/sm/cwo/documents/CirclesIntroFlyer2021.pdf



PHYSICAL SUPPORT

University Computer Workstation Ergonomics Matching Fund Program

Stanford University Faculty and Staff can receive partial support from the University for at-home workstations.

- Will match 50% of the cost (limit of \$300 per employee) for pre-approved ergonomic equipment recommended in an ergonomic self-evaluation
- The faculty members' department must agree to pay the remaining 50% of the item cost.

ehs.stanford.edu/forms-tools/computer-workstation-ergonomics-matching-fund-program

EMOTIONAL SUPPORT

WellConnect

Confidential mental health referral and consultation service to facilitate timely access to counseling, stress management and coping skills, wellness coaching (including strategies to mitigate burnout), and mental health services.

- Now expanded to all benefits-eligible SOM faculty as well as fellows and residents

Contact:

- wellconnect@stanford.edu
- (650) 724-1395
- med.stanford.edu/psychiatry/special-initiatives/wellconnect.html

Stanford University | Faculty Staff Help Center

Professional and confidential counseling about work-related or personal issues. Short-term counseling is available for individuals, couples, and families. Family members can enroll independently.

- 10 free sessions per topic
- Open to faculty, fellows, residents, and post-docs
- helpcenter.stanford.edu/