

# WELL-BEING RESOURCES

## FREE & CONFIDENTIAL SERVICES

### WELL-CONNECT

(650) 724-1395 | [Click here for website](#)

- Confidential mental health referral & consultation for residents and fellows
- 24/7 Phone Line

### STANFORD FACULTY STAFF HELP CENTER

(650) 723-4577 | [Click here for website](#)

- Provides up to 10 free confidential counseling sessions
- Workshops, facilitated conversations, discussion groups, trainings, etc.
- For non-emergencies

### EMPLOYEE ASSISTANCE PROGRAM

(855) 281-1601

- Up to 10 free & confidential counseling sessions
- For non-emergencies

### WELL-BEING PANEL

(650) 346-3241 | [Click here for website](#)

- Access to 60 Non-Stanford Clinic Psychiatrists & Psychologists
- 12 free visits. After 12 free visits, you can use insurance or pay cash
- Confidential
- For non-emergencies

### PHYSICIAN RESOURCE NETWORK

Email [prnsupport@stanford.edu](mailto:prnsupport@stanford.edu) to access service

- Connects Stanford Medicine physicians one-on-one with colleagues
- Confidential, independent, legally-protected collegial support and resources for life's inevitable clinical, professional, and personal challenges
- For non-emergencies

### WELL-BEING COMMITTEE

(650) 498-5603 | [Click here for website](#)

- Confidential committee that offers support to physicians or physicians-in-training struggling with alcohol, drugs, or behavioral problems