

WELL-BEING RESOURCES FOR TRAINEES

WELLMD

[Click here for website](#)

- Access training & tools you need to design an effective strategy for your well-being

WELL-CONNECT

(650) 724-1395 | [Click here for website](#) | 24/7 Phone Line

- Confidential mental health referral & consultation for residents and fellows

STANFORD FACULTY STAFF HELP CENTER

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

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

EMPLOYEE ASSISTANCE PROGRAM

(855) 281-1601 | For non-emergencies

- Up to 10 free & confidential counseling sessions

WELL-BEING PANEL

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

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

PHYSICIAN RESOURCE NETWORK

Email prnsupport@stanford.edu to access service | For non-emergencies

[Click here for website](#)

- 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

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