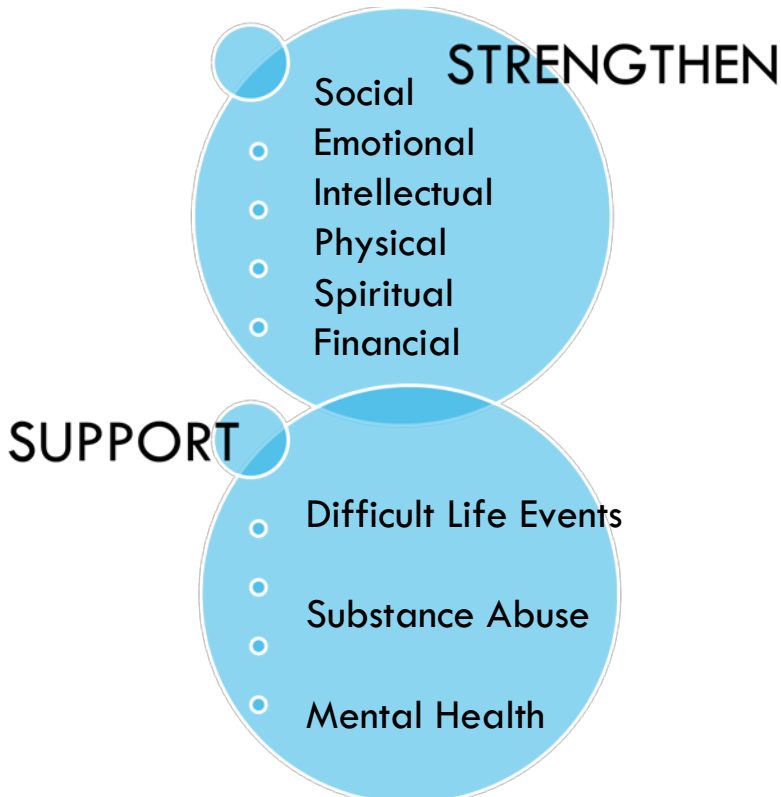


R E S T O R E

– RESILIENCE – EMPOWER – SUSTAIN – TRUST – ON TIME – REJUVENATE – EXCEL –

this is about you.

we can help.



RESOURCES

- ACGME's Wellbeing Portal
<http://ACGME.org/What-We-Do/Initiatives/Physician-Well-Being/Resources>
- Burnout Indicator Quiz
<https://www.stepsforward.org/modules/physician-burnout-survey>
- GME Resilience Week lecture series
- Resident Health Initiative
Email resident.health@uchospitals.edu for healthcare appointments.
- UCM Psychiatry Dept: 773-702-3858
- UCM Emergency Dept: 773-702-6250

Thank you to Claire Stone and Dr. Russell Reid of the Plastic Surgery program for sharing the template!

REACH OUT

Perspectives*

24-Hour Confidential Counseling
1-800-866-7556

GME

GME Office
DIO Anita Blanchard, MD
1-773-702-6760

Director Megham Twiss
1-773-702-4281

Chaplain On Call

1-773-702-6246

Ombudspersons

Diane Altkorn, MD
daltkorn@medicine.bsd.uchicago.edu

1-773-702-4581

Steven Zangan, MD
szangan@radiology.bsd.uchicago.edu
1-773-702-3844

Anonymous Compliance Reporting Line

1-877-440-5480

Post-Call Transportation

Reimbursement through your coordinator for post-call transportation if it is unsafe to drive. Signed receipts required.

IF YOU ARE IN CRISIS, PLEASE CALL

NATIONAL SUICIDE PREVENTION LIFELINE
[1-800-273-8255](tel:1-800-273-8255)

OR TEXT THE CRISIS TEXT LINE
[TEXT "TALK" TO 741741](text:TALK TO 741741)