

Behavioral Health Resources for Physicians

Beaumont Health is committed to the health and wellbeing of all our physicians, including our residents and fellows. There are numerous options available for those seeking assistance.

If you would like to speak with someone regarding these resources or any other wellness related matter including concerns about a colleague, please contact Angela Nuzzarello, MD MHPE, Medical Director of Physician Wellness at 947-522-1852 or Angela.Nuzzarello@beaumont.edu.

If you are having **trouble coping, feeling depressed or anxious, or experiencing personal/professional stress:**

- **Employee Assistance Program** (provided by Ulliance)
 - **Confidential**, self-referral, **at no cost**
 - Available 24/7/365 at **(844) 684-3422** or LifeAdvisorEAP.com
 - Appointments with counselors are available in person or over the phone
 - Provides short-term, focused, behaviorally-oriented treatment. Will also help with referrals if psychiatric care or longer-term care is needed.
- **Beaumont Health Employee Health Plan**
 - **Confidential**, self-referral through Beacon Health, our contracted mental health provider.
 - Available 24/7/365 for help with referral at **(844)-794-2705** or search for provider at www.achievesolutions.net/beaumonthealth
 - Provides psychiatric services (MD and PhD level providers). Co-pays and deductibles may apply. (If unable to cover co-pay, GME Office can help residents/fellows, upon request.)

If you are **feeling suicidal** or need immediate help:

- **National Suicide Prevention Lifeline**
 - (800) 273-8255 or (800) 273-TALK
- Or go to your nearest Emergency Room

If you would like to speak with someone about **alcohol or drug issues:**

- **Maple Grove**
 - **Confidential**, self-referral, will work with your insurance
 - Call for an evaluation at **(248)-661-6100**
 - Provides evaluations and both inpatient and outpatient treatment programs
- **Michigan Health Professionals Recovery Program (HPRP)**
 - **Confidential**, self-referral source
 - Calls are answered Monday-Friday 8:00 am - 5:00 pm at **(800) 453-3784**
 - Provides evaluations and case management. Designed to encourage health professionals to seek treatment before their impairment harms a patient or damages their careers through disciplinary or regulatory action.
- **Employee Assistance Program** (provided by Ulliance)
 - **Confidential**, self-referral, **at no cost**
 - Available 24/7/365 at **(844) 684-3422** or LifeAdvisorEAP.com
 - Will be able to direct you to local resources

If you are experiencing **domestic abuse:**

- **First Step**
 - **24 hours a day. 734-722-6800. Toll free 1-888-453-5900** or firststep-mi.org
- **Haven**
 - Provides shelter and counseling. **24 hours/day 248-334-1274. Toll free 877-922-2540.**