**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 248-551-3566 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**:

* **Maplegrove**
	+ ***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 answeredMonday-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 a day. 248-334-1274. Toll free 877-922-2540.** V6- 1/18/18