Resources for UC Davis Health Residents and Fellows

GME
- Susan Guralnick, M.D.
  - Associate Dean, Graduate Medical Education; 516-983-7378 text or call 24/7; sgurlanick@ucdavis.edu
- GME website
- Wellness
  - Director, Margaret (Maggie) Rea, Ph.D. - Mrea@ucdavis.edu; 916-703-WELL (9355)
  - Oversees wellness and mental health resources; Triage point for concerns—connect with resources; health.ucdavis.edu/gme/wellness.html
- Dr. Cloe Le Gall-Scoville
  - Director for Resident and Fellow Development; clegalls@ucdavis.edu
- Office Inclusive Excellence and Equity
  - Eva Lee; eclee@ucdavis; Coordinator
- Quality Improvement
  - Director, Ulfat Shaikh, M.D., M.P.H.; 916-734-3690; ushaikh@ucdavis.edu
- Resident Medical Staff Committee (RMSC) - https://health.ucdavis.edu/gme/RMSC.html
- Partner, Spouse and Family Network - https://linktr.ee/psfnetwork

Wellness and Mental Health
- Counselors working with trainees and their Families, Academic and Staff Assistance Program
  - Provide counseling services for individuals and couples; Confidential; No Fee; Extended appointment times; no EMR; Call for an appointment: 916-734-2727
- Behavioral Health Insurance – Anthem (anthem.com/ca)
  - Anthem PPO members call toll-free 833-674-9256
- Headspace - Behavioral Health Online Platform: Download the Ginger Emotional Support app. In the app, tap “My Organization” and follow the instructions. Ginger offers on-demand, confidential mental healthcare through coaching via text-based chats, self-care activities, and video-based therapy and psychiatry.
- Tools for Well-Being Self-Assessments (Can be found on MedHub)
  - Well-Being Index (https://app.mywellbeingindex.org/signup) online or through the app - Invitation Code: UCD GME-
  - Interactive confidential screening program. Anonymous and confidential online questionnaire
- Support U Peer Responder Program
  - Confidential peer-to-peer support, a challenging shift, an unexpected patient outcome
Reporting Mistreatment
- MedHub Anonymous Report to the DIO (Associate Dean for GME); Located on the MedHub Home Page
- Mistreatment Report to Learning Climate Committee (LCC); QR code in workrooms and MedHub or Badge buddies

Support Services
- Human Resources for Residents and Fellows; Holly Singleteary, HR Business Partner; 916-734-1499; hrsingleterry@ucdavis.edu (benefits, payroll, leave of absence)
- Harassment and Discrimination Assistance and Prevention Program (HDAPP)
- Office of the Ombuds 530-219-6750
  - Confidential, independent, impartial, informal, and voluntary problem-solving and conflict management resource
- Disability Management Services, ReasonableAccommodationRequest@ucdavis.edu
  - Provides assistance on all aspects of disability management, compliance and reasonable accommodations, including learning, mental health, and physical disabilities.
- The UC Davis Center for Advocacy, Resources and Education (CARE)
  - 916-734-3799; 530-752-3299
  - Concerns regarding sexual violence, including sexual assault, sexual harassment, domestic/dating violence, and stalking, confidential 24/7 emergency response.
- Fidelity – Financial Services - https://myucretirement.com/campaign/physicians

Other Resources

WorkLife
- Breastfeeding support; Wellness classes; Discounts; Child Care resources

Crisis and Safety Services
- 911 in case of emergency
- Suicide Prevention 988
- Crisis Text Line, Text RELATE to 741741
- Sutter Center for Psychiatry 24/7- Hour Crisis Line 916-386-3620
- Mental Health Urgent Care Clinic 24/7; 2130 Stockton Blvd building 300, Sacramento; 916-520-2460T
- UC Davis Police, Sacramento 916-734-2555
- Safety Escort (Midnight – 5:30a.m.; Weekends and Holidays): 916-734-2555; Emergency Vehicle Service (tires, keys, batteries, etc.): 916-734-2687