



Graduate Medical Education

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.edu; 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



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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