

LEADER QUICK GUIDE: U OF U HEALTH SUPPORT RESOURCES FOR EMPLOYEES

Crisis Options for Individuals

HMHI Crisis Line & SafeUT Frontline	988 or 801-587-3000	Available 24/7, operated by licensed therapists; access SafeUT Frontline: https://safeut.org/frontline
HMHI Same Day Psychiatry	801-585-1212	Available 12:30pm-5:30pm, Monday-Friday; assessment and medication management during times of crisis; https://healthcare.utah.edu/hmhi/treatments/same-day-psychiatry-clinic

Urgent Options

Resiliency Center	801-213-2503 or resiliencycenter@hsc.utah.edu	If calling or emailing, state there is a need for urgent support. Can also complete the individual referral form: https://redcap01.bisc.utah.edu/ccts/redcap/surveys/?s=D33AA9ER3R7XLCFP .
Employee Assistance Program	801-262-9619	State you are a U of U Health employee and request an urgent appointment with an embedded therapist at the Resiliency Center. Available Monday – Saturday.
Spiritual Care	801-213-2484	Connect with a chaplain for individual or team support. Available Monday – Sunday during spiritual care work hours. https://pulse.utah.edu/site/sc/Pages/Welcome.aspx

General Options for Employees & Resources for Students & Trainees

Resilience Consult	801-213-2503 or resiliencycenter@hsc.utah.edu	Individual support for U of U Health faculty and staff provided by a licensed therapist specializing in meeting the unique needs of professionals in academic medical settings
Peer Support	801-213-2503 or	U of U Health faculty and staff are matched with a trained peer responder, someone who has “been there” during times of work-related stress
Employee Assistance Program	801-262-9619	For U of U faculty and staff, including family members and those living in same house, can refer to community resources, more info at https://blomquisthale.com/
GME Wellness	gmewellness@hsc.utah.edu	Individual and group support for medical residents and fellows, https://medicine.utah.edu/gme/wellness
Medical Student Wellness	somwellness@hsc.utah.edu	Individual and group support for medical students, https://medicine.utah.edu/students/wellness
U of U Counseling Center	801-581-6826 or counselingcenter@sa.utah.edu	Individual and group support for U of U students https://counselingcenter.utah.edu/