

# RESIDENT AND FELLOW WELL-BEING

## WHAT ARE YOUR **RESOURCES** ?

### EMPLOYEE ASSISTANCE PROGRAM (EAP)

**FREE & CONFIDENTIAL**

Call: 1-800-437-0911

[www.myliferesource.com](http://www.myliferesource.com) (Access Code: RBMNE)

**DOWNLOAD THE FREE MOBILE APP!**

**C a r e b r i d g e   E A P**



#### URGENT AND EMERGENT CARE

TEMPLE UNIVERSITY HOSPITAL  
3401 N. Broad Street  
Philadelphia, PA 19140  
215-707-8918

EPISCOPAL CRISIS RESPONSE CENTER  
100 E. Lehigh Avenue  
Philadelphia, PA 19125  
215-707-0368



#### PERSONAL HEALTH INSURANCE

Call the mental health  
number on the back of your  
health insurance card to  
find a health care  
professional.



#### NATIONAL | REGIONAL HOTLINES

Philadelphia Behavioral Health  
Suicide/Crisis Intervention Hotline  
215-686-4420  
National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
National Help Line for Substance Abuse  
1-800-262-2463  
National Domestic Violence Hotline  
1-800-799-7233



**Please visit our Temple House Staff Well-Being website for  
self screening tools and other resources at:  
[medicine.temple.edu/gme-wellbeing](http://medicine.temple.edu/gme-wellbeing)**



GRADUATE MEDICAL EDUCATION  
WELL-BEING COMMITTEE