Provider Well-Being

Indiana University Health, IU Health Physicians and Indiana University School of Medicine are committed to the well-being of our providers, learners, faculty, and team members. We understand that our work environment can take an emotional and physical toll. There are a number of confidential and secure resources available to seek help to restore well-being and work-life balance. Resources are grouped here by employer.

Get Help Here

If you are experiencing stress and burnout and would like support, these resources are a good place to start.

- Suicide Prevention Hotline: 800.273.8255 available 24/7
- IU Health Employee Assistance Progam (EAP): 317.962.8001

- Healthy Results® – wellness program (IU Health): 866.620.0202
- myStrength® mental well-being platform (via Healthy Results wellness portal)
- The IU School of Medicine Department of Mental Health Services: 317.274.1068
- IU Employee Assistance Program (IUEAP): SupportLinc at 1.888.881.LINC (5462)

- Healthy IU wellness program (IU): 812.855.7859

Mayo Well-Being Index

Take the first step toward improving well-being. The Mayo Clinic Well-Being Index (WBI) is being used by IU Health Physicians and the IU School of Medicine to improve self-awareness around provider burnout as well as help drive organizational improvements. The WBI will allow you to monitor your stress on a daily basis. To get an invitation code, contact your survey lead or department chair.

IU Health

Healthy Living & Self-Care

Healthy Results

Healthy Results is the team member wellness program providing support through a variety of programs such as health coaching, stress management, tobacco cessation and self-care tools.

- **Phone**: 866.620.0202
- **Email**: healthyresultsteam@iuhealth.org
- Learn more on the Staying Healthy page

myStrength

myStrength® is a free, online mental health resource that offers confidential and secure access. Find modules on sleep, chronic pain, depression and anxiety. Visit the Healthy Results wellness portal and find the link on the home page.

Joy at Work

TheHappyMD originated with CEO and founder, Dike Drummond, MD and is dedicated to helping physician leaders recognize and prevent burnout as well as build a culture of support. Search keyword “joy” as well as download the app for access to tools.

- Website

Joy on the Job Toolkit is designed to create a calm cultivating spirit and build a more joyful and supportive workplace. Printable resources are located on the Healthy Results wellness page for use at your next team meeting.

- Log in to Healthy Results

Emotional, Mental & Behavioral Health

IU Health offers assistance with both short-term counseling as well as psychiatry.

IU Health Employee Assistance Program (EAP)

EAP provides short-term counseling and referral services at no charge. It is confidential and available to providers and their immediate household members. Day, evening and weekend appointments available.

- **Phone**: 317.962.8001
- **Scheduling**: 8 am - 4:30 pm, Monday-Friday (crisis by phone 24/7)
- Learn more on the Employee Assistance Program (EAP) page

IU Health Physicians Psychiatry & Behavioral Sciences

For expedited service, please mention the "Well-Being Index" or "WBI".

- **Phone**: 317.963.7270 or 317.963.7300
- **Email**: bmcmahon@iuhealth.org

Private Consultation with Dr. Sunil Patel

- **Phone**: 317.329.7300
- **Email**: spatel1@iuhealth.org

Indiana State Medical Association (ISMA)

Physician assistance is provided to physicians for substance abuse and mental health disorders to avert crisis in the professional workplace.

- **Phone**: 1.800.257.4762
- Website

Community Resources - Counseling and Therapy

- Community Resources

Suicidal Thoughts

Any physician with suicidal thoughts is urged to reach out for a personal and private consultation from these resources.

National Suicide Prevention Hotline

- **Phone**: 800.273.8255 (24/7)

EAP, Private Consultation for Providers

- **Phone**: 317.962.8001

Spiritual Well-Being

Spiritual Care & Chaplaincy

IU Health chaplains are committed to the spiritual and emotional well-being of patients, families, and team members. Contact the office of Spiritual Care & Chaplaincy Services for situations where team members need "deep listening" following a crisis, support for the care team, patient concerns about death and dying and patient's imminent death.

- **Phone**: 317.962.8611

Career & Organization

Cerner Uplift & Cerner Training

Cerner Uplift

- **Phone**: 317.963.7854
- **Email**: kmathena@iuhealth.org

Cerner Training

- **Phone**: 317.963.0786
- **Email**: kwitham@iuhealth.org

PIT Crew (Practice Improvement Team)

- **Email**: csparks@iuhealth.org

Winning Focus Litigation Counseling

- **Phone**: 724.875.4111
- Website

Wealth Management: US Acute Care Solutions

- Website

Professional Development

- The Center for Physician Education
- Professional Education
- Academic Affairs
  - **Phone**: 317.962.3929
  - **Email**: mmattes@iuhealth.org

IU School of Medicine

Healthy Living & Self-Care

Healthy IU

Healthy IU offers team member wellness programs including health screenings, group classes and challenges.

- **Phone**: 812.855.7859
- Website

IU Wellness Programs & Workshops

- Website

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- Website

Emotional, Mental & Behavioral Health

IU Employee Assistance Program (IUEAP)

The IU Employee Assistance Program provides professional, confidential counseling to help individuals bring their life into better balance, when day-to-day activities are interrupted by stress.

- **Phone**: SupportLinc at 1.888.881.LINC (5462) 24/7
- **Scheduling**: Monday-Friday 8 am - 4:30 pm. Crisis by phone 24/7.
- Website

IU School of Medicine Department of Psychiatry

- **Phone**: 317.963.7270

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National Suicide Prevention Hotline

- **Phone**: 800.273.8255 (24/7)

IU EAP, Private Consultation for Providers

- **Phone**: SupportLinc at 1.888.881.LINC (5462) 24/7

Career & Organization

Winning Focus Litigation Counseling

- **Phone**: 724.875.4111
- Website

Human Resources: Retirement and Financial Education

- Website

Wealth Management: US Acute Care Solutions

- Website

Professional Development

- IU School of Medicine Faculty Affairs, Professional Development and Diversity
- The Center for Physician Education
- IU Health Professional Education
- Academic Affairs
    - **Phone**: 317.962.3929
    - **Email**: mmattes@iuhealth.org

Creating Joy in Medicine: Steps Forward

- Website