



Emory Wellness Resources and Behavioral Health:
Services Available to Residents
(google “Emory GME Well” for a comprehensive list)

1) **Emory Faculty Staff Assistance Program (FSAP)* - Intervention and Prevention Services to promote stress resilience and to prevent burnout:**

- Short-term counseling for general adjustment and other behavioral health concerns (e.g., depression, anxiety, suicide prevention, etc.)
- Psychiatric consultations
- Assessment and counseling for substance abuse and other addictions
- Marriage and relationship counseling
- 24-hour/7-day per week emergency on-call mental health support**
- Same-day emergency appointments
- On-line self-administered screening tools
- Physician coaching for professional issues, leadership development and conflict management
- Career counseling
- Stress management resources
- Emotional support and debriefing following tragic events and other critical/disruptive incidents

***Services are free** for all Emory residents, their spouses/partners and benefits-eligible household family members. Services delivered by a multi-disciplinary team of licensed mental health providers including Psychologists, Social Workers, Professional Counselors, Psychiatrist and Career Counselor.

**** For after-hours on-call emergency services, please call 404.727.4328 and press #2**
<http://www.fsap.emory.edu/>

Office Locations

- **Main location:** 1762 Clifton Road NE, Suite 1100, Atlanta GA 30322
- **Satellite locations:** EUH, EUHM, Grady Campus, Cox Hall, ESJH, EJCH and Oxford College
- **Hours:** Monday – Friday - 8 a.m. - 5 p.m. Appointments are available after hours by request (7am or 5pm).
- **Contact numbers:** 404.727.WELL or 404.727.4328

2) **Too Tired to Drive Home:** Transportation through **Lyft** is provided to **ALL** residents/fellows who are too fatigued to drive home at **NO EXPENSE TO RESIDENTS/FELLOWS!!!** Only to be used between your hospital, home and back. Rides will be audited.

Set Up Instructions:

1. Accept initial invite from Lyft via email (Emory email only, check spam filter)
2. Download Lyft App
3. Make “**Emory-GME**” default payment method for “Business” profile
-Contact Taiwana Mearidy (tmearid@emory.edu) in GME office if you don’t have

To Request Ride:

1. Set Destination
2. Select “Business” for payment
3. Request ride

3) **Emory WorkLife Resource Center** - Caring for Our Learners, our Colleagues and each Other.

Resources include but are not limited to:

- Child care
- Adult care
- Financial programs

**Available for all Emory University employees

<http://www.worklife.emory.edu/>

4) **Healthy Emory:** To support and promote your efforts to live healthy, Emory offers a wide variety of programs, resources and services. The Healthy Emory initiative was established to focus on improving employee health and wellness in the areas of physical activity and fitness, healthy eating and weight, and stress or emotional health.

- Fitness and Nutrition Resources
- Ergonomic Evaluations
- Tobacco Cessation
- Stress Management Resources (FSAP)

<http://www.hr.emory.edu/eu/wellness/index.html>



5) **Informed Health® Line Nurse** provided by Aetna
24/7 nurse support for health questions
1-800-556-1555

6) **Healthwise Free Online Knowledge base**

- Symptom Checker, Health Decision Tools, Topics A-Z, Medication information, Info on Medical Tests, Spanish Knowledgebase

<https://www.healthwise.net/aetna>

7) **Psychiatrists, therapists, behavior health professionals covered under Emory medical insurance**

- Addiction specialists/facilities
- Anxiety and stress specialists
- Psychologists (PhDs) providing counseling
- Psychiatrists (MDs, DOs) providing medication and/or therapy

<https://www.aetna.com/>

Login/create password based upon Aetna ID given at GME orientation/health card

Tab: DocFind → Behavioral Health Professionals

Can sort by language, gender, and hospital affiliation

Emory Healthcare Network – lowest copay \$25-35* per visit

25 providers located at:

1256 Briarcliff Road Northeast

Atlanta, GA 30306-2636

(404) 727-3886

Specialties included

- Clinical Psychologist
- Clinical Social Worker
- Psychiatry

Aetna National Network - \$35-\$50 plus coinsurance* per visit (may not kick in till after deductible; see your specific plan for further details)

484 providers, various locations throughout Atlanta

- Clinical Psychologist
- Clinical Social Worker
- Psychiatry
- Licensed Professional Counselor

*This amount is an estimate only provided as a guide and may change from year to year based upon Emory health plan and individual benefits package chosen

** The majority of these resources are available to all Emory faculty and staff, but there are several that are specific benefits for residents and fellows from the Office of Graduate Medical Education.

8) **Emergency Child and Elder Back-up Care Service:** offered to Emory residents through Bright Horizons:

Register at No Cost:

www.careadvantage.com/emorygme

Back-Up Username: EmoryGME

Back-Up Password: care4you

OR CALL: 877-BH-CARES (242-2737)