

## Mental Health Resources for Residents and Fellows Updated July 2017

### Links about suicide:

- National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/> 1-800-273-8255 and crisis text line at 741-741
- ACGME After A Suicide Toolkit:  
[http://www.acgme.org/Portals/0/PDFs/13287\\_AFSP\\_After\\_Suicide\\_Clinician\\_Toolkit\\_Final\\_2.pdf](http://www.acgme.org/Portals/0/PDFs/13287_AFSP_After_Suicide_Clinician_Toolkit_Final_2.pdf)
- Three leading health organizations aim to reduce physician suicides: ACGME, Mayo, AFSP: <https://afsp.org/3-leading-health-organizations-aim-reduce-suicides-physicians-medical-trainees/>
- American Foundation for Suicide Prevention – resources for suicide survivors: <https://afsp.org/find-support/ive-lost-someone/>

### Local Resources:

- [Outcomes](#): provides counseling, education, conflict resolution, and other services for residents and fellows. You can reach them at 243-2551.
- CARS: Counselling, Assistance and Referral Service. You can reach them at 272-6868.
- [Agora Crisis Center](#)- local resource: 505-277-3013 or 866-HELP-1-NM
- Dr. Jeff Dunn, Associate Professor of Psychiatry, is available to see residents confidentially by appointment in the University Psychiatry Consultants Office located on the fourth floor of the Family Medicine Building. His office number is 272-6130 and he can be reached by email at [jedunn@salud.unm.edu](mailto:jedunn@salud.unm.edu).
- Dr. Liz Lawrence, Director of Medical Student and Physician Wellness, is available to see residents confidentially and free of charge to talk about their concerns and to identify support resources. Appointments can be made by contacting her at [Elawrence@salud.unm.edu](mailto:Elawrence@salud.unm.edu).

• Adult Children of Alcoholics	256-8300
• Al-Anon Information Service	262-2177
• Alcoholics Anonymous	266-1900
• Addictions & Substance Abuse Program (UNM)	925-2300
• Cocaine Anonymous	291-3888
• National Council on Alcoholism & Drug Abuse	256-8300
• Adult Survivors of Child Abuse	255-3182
• Agora Crisis Center (24-hour hotline)	277-3013
• Albuquerque Shelter for Victims of Domestic Violence	247-4219
• Albuquerque Rape Crisis Center	266-7711
• Catholic Charities	724-4670
• NM Crisis and Access Line (NMCAL)	1 -855-622-7474
• Overeaters Anonymous	292-9080
• Psychiatric Emergency Services	272-2920
• Samaritan Counseling Center	842-5300
• UNM Dept. of Psychology Clinic	277-5164
• UNM Psychiatric Center/Mental Health Center	272-2870
• UNM Manzanita Center	277-2132
• UNM Women’s Resource Center	277-3714

## Wellness References and Resources

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### Links to individual strategies to address burnout, promote resiliency:

- <http://www.black-bile.com/> - A website dedicated to physicians suffering from depression, and those who care about them.
- <http://www.ishiprograms.org/about/> - The Institute for the Study of Health and Illness (ISHI) provides education and support for health professionals who aspire to practice a medicine of service, human connection, and compassionate healing.
- <http://ephysicianhealth.com/> - The world's first comprehensive, online physician health and wellness resource that helps physicians, residents, and medical students be resilient in their professional and personal lives.
- <https://www.cma.ca/En/Pages/physician-health-wellness.aspx> - Description of the Canadian Physician Health Institute with links to many resources related to physician health and wellness.
- <http://scpmgphysicianwellness.kaiserpermanente.org/> - Kaiser program for Physician Wellness.
- <http://cmbm.org/> - Center for Mind-Body Medicine with access to evidence-based strategies for relieving stress and promoting wellness.
- <https://www.bhwellness.org/toolkits/Work-and-Well-Being-Toolkit-for-Physicians.pdf> - A University of Colorado toolkit for promoting well-being for physicians.
- <http://wellmd.stanford.edu/> - Stanford School of Medicine website to promote physician health and resiliency.
- <http://www.thehappyymd.com/> - Dike Drummond's website about physician burnout and solutions.