Wellness Resources

The websites below are great resources for free wellness screenings, as well as how to obtain resources to deal with specific issues!

**TCHHN Employee Assistance Program:**

http://mytch.tchhn.org/Departments/HR/Benefits/empwellness/Pages/Employee-Assistance-Program-(EAP).aspx

1-800-634-6433

EAP “Life Matters” Program provides confidential telephone and face-to-face counseling for:

- Stress, depression, and personal problems
- Balancing work and personal needs
- Family and relationship concerns
- Alcohol or drug dependency
- Workplace conflicts
- Any other issue of concern in your life

**Ohio Physician Health Program:**

https://www.ophp.org/

614- 841-9690

Facilitates the health and wellness of healthcare professionals in order to enhance patient care and safety.

**The Happy MD:**

206-430-1905

Focuses on the treatment and prevention of physician burnout.

Suicidal Thoughts?

National Suicide Prevention Lifeline: **800-273-TALK**

Or text **741741**

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Learning Environment Concerns

Are you aware of the resources available to raise concerns about your training or program?

To discuss concerns, contact any of the following:

- Your Program Director, or Associate Program Director
- Your Chief Resident
- Any Faculty Member

If you feel that those choices have not or will not be effective in addressing your concern, please contact the following to discuss confidentially:

- Jennifer Reemtsma, GME Director, 513-585-4079
- John Schroder, MD, DIO, 513-919-8811
- Michael Jennings, MD, Vice President, and Chief Clinical Officer-513-585-2258

The ACGME also has an ombudsperson to report concerns:


Patient Care Concerns

Helpful Phone Numbers:

GME Office Main: 513-585-4079

Employee Health: 513-585-4555

Human Resources: 513-263-1500

TCHHN Compliance Hotline: 1-800-398-1496

Safety and Security: 513-585-2222 (Fatigue-call or visit safety and security to secure a cab ride home)

Patient and Guest Services: 513-585-1200