



## Request Peer Support

UCSD GME physicians can request confidential support sessions with trained UCSD-physician peer supporters. In some instances, a peer supporter may reach out to you and offer to connect by phone, Zoom, or better yet, face-to-face. Please make sure to let us know how to best contact you.

**Request Peer Support by contacting GME Wellness  
Director, Dr. Julie Çelebi at [gmewellness@health.ucsd.edu](mailto:gmewellness@health.ucsd.edu)**

## About the Program

As a physician, you will face unique challenges, but you don't have to go through them alone.

Launched in 2024, the GME Physician Peer Support Program offers a chance to connect with peers who understand your experiences. This program is designed to transform our UCSDH culture by fostering connection and support among physicians.

When stress arises, reaching out to fellow physicians can be the first step toward healing. Join us in supporting each other!



## For Additional Support

This is **NOT** therapy. It is colleague to colleague connection and support.

For additional support, please see info below.

### Headspace

UCSDH GME physicians have access to 24/7 behavioral coaching and private video-based therapy or psychiatry after intake with a coach.  
(Therapy: 15 covered sessions per year)



### UC San Diego HEAR Program

Anonymous online assessments, short-term counseling, and referrals for healthcare workers experiencing stress, burnout, or depression.



### LiveHealth Online

Speak to a therapist in the privacy and comfort of your own home (or other private location), through online video or phone.



Learn more about  
UCSDH's GME  
wellness portfolio:



**IF YOU ARE IN A CRISIS, call or text 988 to reach the 988 Suicide and Crisis Lifeline.  
Free and confidential emotional support is available 24 hours a day, 7 days a week.**