

RESOURCES

In case of Emergency:

911 or UCSD Campus Police 858-534-HELP (4357)

National Suicide Prevention
Crisis line 1-800-273-TALK (8255)

San Diego County Crisis Line 1-800-724-7240

Other helpful Resources:

Employment Assistance Program (EAP)**
866-808-6205 (access code UCSDMC)
www.liveandworkwell.com (access code UCSDMC)

UCSD Accommodation Counseling and
Consulting Services
858-534-6743
melissawilliams@ucsd.edu

Employee Assistance Program (EAP) *
1-800-225-2527
1-800-252-4555
<http://www.theeap.com>

* Service for VA employees and families only

UCSD Counseling and Psychological Services**
858-534-3755
<http://caps.ucsd.edu/>

** Service for UCSD students only

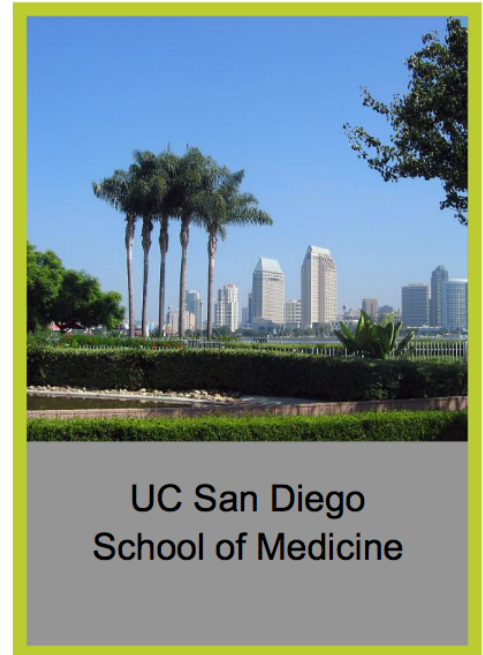
*“By completing the online
questionnaire, I was finally able
to let someone know how badly
I was feeling without any
judgment and in a confidential
manner”*

- Fellow

Healer Education, Assessment, and Referral (HEAR) Program

UCSD and VA San Diego Healthcare System
3350 La Jolla Village Drive 116A
Office 2324
San Diego, California 92161
Website: hear.ucsd.edu

P: 858-642-3913
F: 858-822-0231
Email: wellbeing@ucsd.edu



UC San Diego
School of Medicine

Healer Education Assessment and Referral Program

HEAR

UCSD HEAR Program

Program Overview

The Healer Education, Assessment, and Referral (HEAR) Program was created in 2009 at the UC San Diego School of Medicine to address the high prevalence of burnout, stress, and depression specific to the medical student and pharmacy student, physician and health professional population.

Goals

- Provide **CONFIDENTIAL**, online assessment of stress, depression, and other related issues.
Website: hear.ucsd.edu
- Make personalized referrals to local mental health clinicians and other community resources
- Educate medical and pharmacy students, physicians, and healthcare professionals about the signs, symptoms, and risks of burnout, depression and suicide in the medical population.

****THIS IS NOT A CRISIS INTERVENTION SERVICE****



UC San Diego
SCHOOL OF MEDICINE



Interactive Screening Process

Are you feeling overwhelmed, stressed, or depressed?

Are you concerned about a colleague?

Complete the following online screening to see how stress and depression may be affecting you:

Website: hear.ucsd.edu

- The process is completely **confidential** and **anonymous**. Your email is encrypted and your identity is only revealed to a program counselor if/when you choose to do so.
- The screening takes 3-5 minutes to complete.
- You will receive a personalized response from a program counselor.
- A counselor will work with your individual needs and match you with supportive services.

* For immediate assistance or questions, please contact a program counselor at (858) 642-3913

“Before healing others, heal yourself.”
- Anonymous

“Found this program useful in that it validated my feelings of being overwhelmed/burnt-out, and made me feel more OK with seeking help/counseling”
- First Year Medical Student

“This program was an important factor in getting me to seek treatment”
- Faculty Member

“I think it's a great program and should definitely be continued, especially for residents who are often too busy to seek help on their own”
- Resident

“I think this is an excellent and under-recognized service that is offered. I know of so many residents who need this type of support and I try and spread awareness with my colleagues. Wellbeing of residents and medical students is essential, not only for our own health, but also to help us be more compassionate and successful physicians. Not everyone needs this type of support, but for those who do, it is invaluable to help them survive.”
- Resident

Website: hear.ucsd.edu

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