

# Mental Health Resources for Residents/Fellows

## Resources When You Are in Crisis

**\*If you are unable to keep yourself safe, call 911 or go to the emergency department.** At UIHC, call ahead (319-356-2233) and speak to the ED charge nurse and/or triage. Emphasize that you (the patient) are house staff and should be assigned a private room. Ask staff to make the ED encounter confidential. You can also have someone do this on your behalf.

**\*If you are experiencing a mental health crisis, you can call CommUnity Mobile Crisis Response at 1-855-581-8111.** Services are free and confidential (need not give full name). They will send a mental health counselor to your location to talk and help you explore options. Response times are usually within 30 minutes of dispatch. Common reasons to call:

- When someone has suicidal ideation
- When someone is unsure whether hospitalization is necessary
- When someone needs crisis de-escalation, emotional support, or referral to community resources.

To learn more: <https://builtbycommunity.org/i-need-help/mobile-crisis/>

**\*If you need emotional support call/text 988 or use the Lifeline Chat at <https://988lifeline.org/chat/>.** There is also the **UI Support and Crisis Line** (call, text, chat): <https://mentalhealth.uiowa.edu/ui-support-and-crisis-line>

*\*These resources available 24/7/365*

Contact GME psychologist Kristin Wurster, PhD, at [kristin-wurster@uiowa.edu](mailto:kristin-wurster@uiowa.edu) or 319-353-6342

## Counseling/Therapy Resources

Residents and fellows are eligible for free and confidential services with GME psychologist **Kristin Wurster, PhD**. Kristin uses a separate EMR and can neither confirm nor deny who she sees. She provides goal-focused therapy, coaching, case management, and brief problem-solving appointments. Initial appointments are typically a consultation to determine a person's needs. To schedule, contact Kristin at [kristin-wurster@uiowa.edu](mailto:kristin-wurster@uiowa.edu).

The **Employee Assistance Program** is a confidential short-term counseling and referral program for university employees and their families. Contact 319-335-2085 or [eaphelp@uiowa.edu](mailto:eaphelp@uiowa.edu) to schedule. Website: <https://hr.uiowa.edu/employee-well-being/ui-employee-assistance-program>

**Doctor On Demand** is a telehealth platform with \$0 copay for those with UI Select/Choice insurance. They have psychiatry and therapy appointments as well as urgent, preventative, and chronic care. After-hours appointments are available. <https://doctorondemand.com/>

There are numerous other campus and community options. Reach out to Kristin if you would like assistance in identifying and connecting with these. Those with UI Choice or UI Select insurance have \$0 copay for mental health care visits.

## What to Lean into Proactively

**Helpful strategies in a stressful moment:**

- Tense, roll, and then relax your shoulders
- Take diaphragmatic breaths
- Connect to the present moment using your 5 senses (e.g., name 5 things you see, 4 things you feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste)
- Notice and name your feelings ("name it to tame it")

**Things that matter for maintaining mental health:**

- Regularly identify and name your feelings ("I am feeling...")
  - Connect with others
  - Routinize your before-sleep routine and create a good sleep environment
  - Maintain hydration
  - Fuel yourself regularly and adequately
  - Move your body
  - Spend time outside
- ➔ These are among the first things to go to the wayside when people are stressed and/or struggling, yet their cumulative impact is difficult to overstate.

**Mindsets matter – they affect us psychologically and physiologically.** Our judgments about our feelings and coping paradoxically impact each. Try to extend yourself the kindness and understanding you would extend a friend.

**Reach out.** Not sure where to start or what might be useful? You're in good company. Let's chat: [kristin-wurster@uiowa.edu](mailto:kristin-wurster@uiowa.edu)