General Resources for Physicians

- **Staff and Faculty Counseling**
  - [https://www.chr.ucla.edu/employee-counseling/counseling-consultation](https://www.chr.ucla.edu/employee-counseling/counseling-consultation)
  - (310) 794-0245
  - Open 8am - 5pm for tele-health appointments

- **Behavioral Health Associates**
  - [https://www.uclahealth.org/bha/](https://www.uclahealth.org/bha/)
  - (310) 301-7396
  - Referrals are requested from your UCLA primary care physician. For same day callback, request an urgent referral from your PCP.
  - Some evening and weekend appointments are available through the referral network.
  - Please contact Physician Wellness if you need help getting a PCP or with the referral process.

- **Mental Health Outreach**
  - An anonymous, web-based, interactive stress and depression screener offering confidential support and resources for faculty and staff physicians
  - uclawellness.org

- **Department of Spiritual Care**
  - (310) 825-7484
  - Staff consultations at Ronald Regan Medical Center and Santa Monica Hospital
Residents and Fellows

- Behavioral Wellness Center (BWC)
  - [https://medschool.ucla.edu/bwc](https://medschool.ucla.edu/bwc)
  - Appt request: [https://uclahs.az1.qualtrics.com/jfe/form/SV_bdAnBh3zFZWhnPy](https://uclahs.az1.qualtrics.com/jfe/form/SV_bdAnBh3zFZWhnPy), bwc@mednet.ucla.edu
  - Behavioral Wellness Center After-Hours Crisis Line
    - (310) 825-9605 (Press 1 for after-hours and weekend crisis line)
  - Behavioral Wellness Center (BWC) Emergency contact Karen Miotto, MD; pager (310) 825-6301, pager ID 12372

Crisis Response:

- Disaster Distress Helpline
  - Call (800) 985-5990
  - Text TalkWithUs to 66746

- National Suicide Prevention Lifeline
  - Call (800) 273-8255
  - Chat with Lifeline

- Los Angeles Suicide Prevention Center 24-hour Crisis Hotline
  - Call (310) 391-1253

- Crisis Textline - Text TALK to 741741

- 7 Cups
  - Free, anonymous and confidential online text chat with trained listeners, online therapists & counselors
  - [https://www.7cups.com](https://www.7cups.com)