

General Resources for Physicians

- Staff and Faculty Counseling
 - <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/>
 - (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>
 - Appt request:
 - https://uclahs.az1.qualtrics.com/jfe/form/SV_bdAnBh3zFZWnhPv_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>