The Resiliency Center takes a three-tiered approach to supporting staff who have experienced stress injury from adverse events.

1 **Expedited Referral Network**
This is a collection of resources, including the Resiliency Center, Employee Assistance Program, and Psychiatry, that provides streamlined access to care for those needing additional support.

See next page for a list of resources.

2 **Peer Support Specialists**
The Peer Support Program provides institutional-level support to U of U Health employees during, or after adverse clinical events and stressful situations. It consists of a diverse network of U of U Health professionals who are trained as Peer Supporters.

See sidebar for information on how to activate.

3 **Local Peer Support**
We teach staff about peer support fundamentals and resources through presentations and trainings so they can maintain a general understanding of how to support others through adverse events.

To schedule a presentation, contact resiliencycenter@hsc.utah.edu.

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**The Peer Support Program** is activated via contacting Dr. Jake Van Epps directly at jake.vanepps@utah.edu or the Resiliency Center at resiliencycenter@hsc.utah.edu or 801-213-3403.

Once the program is activated, a Peer Supporter reaches out to you to talk via phone or in-person. These conversations are private and confidential. They are designed to be helpful but are not a substitute for mental health services.

If you are concerned about yourself or your colleague, please contact the Peer Support Program.

Find more information online at https://healthcare.utah.edu/wellness/resiliency-center/
Resiliency Center

Expedited Referral Network Resources

**Employee Assistance Program:** 801-213-8753  
- All University employees

**HMHI – BHN: Start at Resiliency Center or EAP**  
- All UUH Insurance Policy Holders

**Resiliency Center:** 801-213-3403  
- Health campus/hospitals

**GME Wellness:** 801-587-9319  
- Medical residents and fellows

**School of Medicine Wellness:** somwellness@hsc.utah.edu  
- All medical students

**Counseling Center:** 801-581-6826  
- All Students  
- Psychologist for Students of Health Sciences kmeyers@sa.utah.edu

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**Resources for Anyone in Crisis**

**HMHI Crisis and Warm Line**  
- 801-587-3000 (24/7)  
- 801-587-1055 (8a - 11p)

**U of U Health person urgent psychiatric support**  
- unioutpatientpsychiatry@hs c.utah.edu  
- HMHI will reach out within 24-48 hours to schedule an appointment