

Provider Wellness Resources



Center for Mindfulness
 774-442-4681 | mindfulness@umassmemorial.org
www.umassmemorialhealthcare.org/umass-memorial-center-mindfulness

COVID-19 Information for Employees
 Visit the [Hub](#) for the most up-to-date information.
 Contact [Employee Health](#) with questions.

Emergency Assistance Support for Employees Fund (EASE Fund)
 UMMHC employees can [apply for](#) one-time, temporary financial assistance when experiencing financial hardship.

Employee Assistance Program (EAP) - UMMHC
 Serviced Via Optum: 800-322-5327
liveandworkwell.com (code: umass memorial)

Employee Assistance Program (EAP) - UMMS
 800-322-5327 | www.umassmed.edu/eap
eap@umassmed.edu

Employee Health
 508-793-6400 (M-F, 7-5)
employee.healthservices@umassmemorial.org

Employee Wellness Program (myHealthMatters)
 Thomas Ward, Wellness Program Manager
 508-334-6414 | myhealthmatters@umassmemorial.org

House Office Counseling Services
 Alan Brown, MD | alan.brown.umassmemorial.org
 Tina Runyan, PhD | christine.runyan@umassmemorial.org
 508-856-4672 (confidential voicemail)

Learner Emergency Assistance Fund (LEAF Fund)
 UMMS learners can [apply for](#) one-time, temporary financial assistance when experiencing financial hardship.

National Suicide Hotline
 800-273-TALK (800-273-8255)
 Crisis Text Line: text HOME to 741741

Office of Faculty Affairs
 508-856-3244 | faculty_affairs@umassmed.edu
<https://umassmed.edu/ofa/>

Peer Support Network
 Colleagues trained to talk with you about serious adverse patient events or traumatic personal events.
bwell@umassmemorial.org | 774-441-7907

Physician Health Services (PHS)
 Steven Adelman, MD | 781-434-7404
<http://www.massmed.org/phshome/>

UMMHC Self Insurance Program Support Services
 Timothy Slowick | timothy.slowick@umassmemorial.org
 (508) 334-5402 (confidential voice mail)

FROM THE CXO

Epic: Get Rid of Stupid Stuff (GROSS)
 Email suggestions to gross@umassmemorial.org

Wellness Coaching
bwell@umassmemorial.org | 774-441-7907