

Mental Health Resources for UKCOM Clinical Faculty

If you or someone you know is experiencing a mental health crisis (has expressed intent to harm themselves or someone else), call 988 or 911 immediately.

Immediate Mental Health Resources

Call 988 Suicide & Crisis Life Line (or 911)

If you're struggling with your mental health, feeling overwhelmed, or just need someone to talk to, you can call or text 988 any time and get connected to a trained counselor. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, it's free, confidential, and available 24/7. You don't have to go through this alone.

UK HealthCare EmPATH - Lexington, KY – *emergency psychiatric care*

UK Healthcare Emergency Psychiatric Assessment, Treatment and Healing (UKEmPATH) is open to adults 18+ experiencing a mental health problem that impairs their ability to perform normal daily functions, take care of themselves and keep themselves safe. Conditions treated include suicidal ideation, self-harm, anxiety, depression, substance use disorder, bipolar disorder, PTSD, Schizophrenia or other psychoses. They are open 24/7 and the address is: 1354 Bull Lea Rd, Lexington, KY 4051. Phone: 850-562-3899

UKCOM/UKHC Mental Health Resources

Physician Wellness Program (PWP) – Lexington Medical Society - *therapy*

The Lexington Medical Society Physician Wellness Program is available to physicians who are dues-paying members of LMS. Through this program, members receive 8 free mental health sessions per year with [The Woodland Group](#). If you prefer to be seen by a non-UK therapist, this is a great resource.

Supporting One Another to Rise (SOAR) - *peer support program*

SOAR is UK HealthCare's Peer Support program, offering confidential, one-on-one support from trained colleagues across disciplines to help faculty and staff process emotional trauma—such as patient deaths, medical errors, or other distressing events—with timely, compassionate care. Anyone can refer themselves to the program or refer colleagues by visiting the [pastoral care website](#).

UK Employee Mental Health Resources

Check with your insurance provider to understand what mental health care is covered under your UK health plan, including both in-network and out-of-network benefits.

UK Employee Mental Health - *therapy*

UK employees can access up to five free counseling sessions per fiscal year with licensed therapists to address mental health, family, work, or personal challenges, including [substance use](#). These 5 total sessions may also be used by a partner or child. Sessions are confidential (PHI is not kept in EPIC) and

available in person, by phone, or online during flexible hours Monday through Friday, with early and extended options.

[Live Health Online – Behavioral Health](#) - *therapy & psychiatry*

Live Health Online – Behavioral Health offers UK-insured physicians convenient, no-cost telehealth services, including therapy, psychiatry, and medical consultations.

[UK Psychiatry & Behavioral Health Clinic](#) - *psychiatry*

Confidential consultation is available through UK Dept of Psychiatry Outpatient Clinic Monday-Friday. Phone: 859-323-6021 – Follow prompts for the Outpatient Clinic.

[The Harris Center](#) - *therapy & psychiatry*

The Harris Center provides low-cost, evidence-based therapy, psychiatry, and psychological assessments for physicians seeking support with mental health challenges, with services offered by supervised doctoral students in clinical psychology.

[The Individual, Relational and Financial Therapy Clinic \(I-RAFT\)](#) (Formerly UK Family Center) - *therapy, couples counseling & financial coaching*

The I-RAFT Clinic at the University of Kentucky offers affordable, supervised therapy services, including couples counseling, on a sliding scale, providing a valuable resource for physicians seeking support for relational or personal challenges.

[Supportive Mental Health and Addiction Recovery Clinic \(SMART\)](#) - *recovery-focused therapy & psychiatry*

The Supportive Mental Health and Addiction Recovery Treatment program (SMART Clinic) offers addiction treatment, psychiatric services and routine healthcare. While many programs offer addiction treatment, we also treat underlying trauma and mental health problems that can lead to addiction or make recovery harder. Individual and group therapy are available.

[QPR Training: Question, Persuade, Refer](#) - *suicide prevention training*

QPR (Question, Persuade, Refer) is a brief, practical training that teaches you how to recognize suicide warning signs, talk to someone in crisis, and connect them with help—empowering anyone to save a life, just like CPR. [Request a session for your team](#) or [take the training now](#) (use registration code UKY2256431895).

[Headspace](#) - *mindfulness app*

Headspace is available for free to UK employees (until March 2026), offering tools like guided meditations, sleep aids, and movement exercises to support mental, emotional, and social health. Access can also be shared with up to 5 family members to promote well-being together.

Additional Resources

[Physician Support Line](#) - 1 (888) 409-0141 – *physician mental health line*

The Physician Support Line is a free, confidential, and anonymous mental health resource staffed by volunteer psychiatrists offering peer support to U.S. physicians and medical students. Available Monday through Friday from 8:00 AM to 11:00 PM ET (excluding federal holidays), no appointment is needed, and calls can be made for any issue—not just crises. The service is completely independent and does not report to any institution.

[Impaired Physicians Program](#) – *substance abuse resource*

The Impaired Physicians Program (IPP) of the Kentucky Physicians Health Foundation (or equivalent for other specialties) will help physicians with mental health or drug/alcohol related illness. It provides evaluation, referral for treatment and ongoing aftercare including regular meetings and compliance monitoring. IPP never reports participating physicians to the Kentucky Board of Medical Licensure unless 1) the physician is an imminent danger to the public, 2) the physician refuses to cooperate with IPP, or 3) the physician does not follow the treatment plan and/or does not respond to treatment. IPP serves as an advocate for the recovering physician with the Kentucky Board of Medical Licensure and other appropriate agencies. Help for oneself or a peer can be obtained confidentially by calling 502-425-7761.

If you have a concern about a trainee regarding impairment or substance abuse, please reach out to GME Associate Dean/DIO (Dr. Katherine McKinney - kmcki2@uky.edu) before contacting IPP.

Links for Additional Resources

[HR Well-Being page](#)

[HR Wellness Dashboard](#)