

Mental Health Resources for GME at UKCOM

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 Mental Health Resources

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

University of Kentucky College of Medicine residents receive 8 free mental health sessions per year at [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 (available at all campuses)*

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 \(IRAFT\)](#) (Formerly UK Family Center) - *therapy & couples counseling*

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.

Additional Support

[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 Senior Associate Dean/DIO (Dr. Katherine McKinney - kmcki2@uky.edu) before contacting IPP.

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

QPR training (Question, Persuade, and Refer) is a practical program that teaches people how to recognize the warning signs of suicide, talk to someone in crisis, and connect them with the help they need. Just like CPR can save lives during a heart attack, QPR gives you the tools to step in and make a difference when it matters most, showing that anyone can help save a life. [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 10, 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.

Bowling Green Campus

Emergent psychiatric services are available via The Medical Center of Bowling Green Emergency Room at 250 Park Street Bowling Green, KY 42101.

[WKU Dept of Psychology Training Clinic](#) - *therapy*

The Counseling Center at WKU offers a variety of testing and assessment based on the needs of the client with the focus on improving the quality and efficacy of the clinical services we offer. Cost is \$10 per session Call 270-745-2696 to make an appointment.

[Talley Family Counseling Center \(WKU\)](#) - *therapy*

This fully confidential center provides professional counseling services to individuals, couples, and families at no cost. Call 270-745-4204 to make an appointment.

Hazard Campus

Emergency psychiatric services are available via the Hazard Appalachian Regional Health Care Emergency Room at 100 Medical Center Drive, Hazard, KY 41701. Phone: (606) 439-6600

Morehead Campus

Emergency psychiatric services are available via the St. Claire Regional Medical Center Emergency Room at 222 Medical Cir, Morehead, KY 40351. Phone: (606) 783-6500

Additional Resources

[GME Wellness website](#)

[GME Wellness Sharepoint](#)

[HR Well-Being page](#)

[HR Wellness Dashboard](#)