

Mental Health Resources for UKCOM PostDocs

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. 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*

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*

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 employees 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. Individual and group therapy are available.

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

QPR training (Question, Persuade, and Refer) is a brief and 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 tools to 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 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.

Links for Additional Resources

[HR Well-Being page](#)

[HR Wellness Dashboard](#)