

## Denver Health Residency in Emergency Medicine Wellness Resources

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### Call for Help from Residency Leadership

Bonnie Kaplan  
847-477-2856

Gannon Sungar  
925-330-7622

Barb Blok  
720-371-3376

Jennie Buchanan  
858-354-4850

Todd Guth

303-815-8835

Megan Stephens

507-318-0751

LaVonne Salazar

720-626-9413

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### Call to Connect with Jason Whitehead

His link to schedule an individual session is: [Set Up an Individual Coaching Appointment](#)

His email is: [Jason@mosaic-insight.com](mailto:Jason@mosaic-insight.com).

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### Denver Health Medical Center Employee Assistance Program For Residents AND Family Members

1.877.622-4327

[www.cigna.com](http://www.cigna.com)

Employer ID: dhha

1. Can receive 5 FREE sessions per issue
  2. Free and easy to schedule
  3. 24-hour clinicians available via phone
  4. All providers OUTSIDE DH
  5. Therapists and Psychiatrists
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### Colorado Physician Health Program

<http://www.cphp.org/>

Phone: 303-860-0122

CPHP is a program which our residents are welcome to reach out to at any time for phone or in person support on any matter, the residency pays for each resident to access CPHP's services. CPHP is totally confidential; we will NEVER know you have used their resources unless you ask them to tell us.

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### **Other Links and Videos**

<https://www.youtube.com/watch?v=JV81fmuvqoI>

A video from Now Matters Now

<http://www.nowmattersnow.org/>

A mindful exercise for people suffering from anxiety

<http://whatworks4me.org/>

A series of articles written by doctors about maintaining balance and wellness

<http://mantherapy.org>

"It's a physical for your feels, but you get to keep your pants on"

<http://www.suicidepreventionlifeline.org/>

The lifeline provides 24/7, free, and confidential support for people in distress

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### **myStrength**

You can access the flyer HERE [www.mystrength.com](http://www.mystrength.com)

**Employee Code: DHHAEmployees**

There are lots of online tools and resources available that the residents may find helpful.

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