

# Resources for Wellness

## Chaplaincy Consults

You can request a chaplaincy consult for yourself or your team. Chaplains are trained objective listeners who can offer emotional support, as well as religious or spiritual support if desired. They are there to serve the needs of all in the hospital community and welcome requests.

### **Memorial Hermann Chaplaincy -713-704-4160**

You can call privately to arrange a confidential consultation with a Memorial-Hermann chaplain.

### **LBJ Chaplaincy-713-566-5680**

You can call privately to arrange a confidential consultation with an LBJ chaplain. You do not need to specify the reason for requesting a chaplain.

### **VA Chaplaincy-use extension 27125**

You can call privately to arrange a confidential consultation with VA chaplain.

## Academic Ombuds Program

Robin Dickey

O: 713-500-3457

C: 713-705-5005

E: [ombuds@uth.tmc.edu](mailto:ombuds@uth.tmc.edu)

[go.uth.edu/ombuds](http://go.uth.edu/ombuds)

Robin Dickey heads the Academic Ombuds program for UT. Robin can help with discussing interpersonal communication issues, questions about what resources are available to address burnout, compassion fatigue, and general adjustment to resident life, how to plan for fellowship or life after residency, and other topics.

## Fellows and Residents Assistance Program-713-500-3327

You can reach out to the Fellows and Residents Assistance Program (FRAP) for emotional wellness needs as well. The FRAP is part of the EAP and is available to assist with other life issues beyond mental health needs. Some examples of other reasons to contact the FRAP include: • stress management • burnout prevention • work-life balance • raising awareness of your impact at the workplace • effective communication strategies. Contact the FRAP at 713-500-3327 to set up an appointment and address your concerns.