EHWP Mission

The Emotional Health and Wellness Program for House Staff is committed to enhancing the educational experience of Thomas Jefferson University Hospital residents and fellows by addressing the social, emotional, developmental, interpersonal and cultural needs of students and trainees. Continued goals of the EHWP are to assist House Staff in identifying problems early, promote efforts towards wellness and balance, and help residents and fellows to learn skills which will help them to effectively meet their career and life goals. The EHWP counselors strive to uphold strict confidentiality and hold themselves to the highest level of clinical and ethical standards. The EHWP respects, supports and embraces diversity and diverse populations.

CS 21-0835

Deanna Nobleza, MD
Director, Emotional Health
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for House Staff
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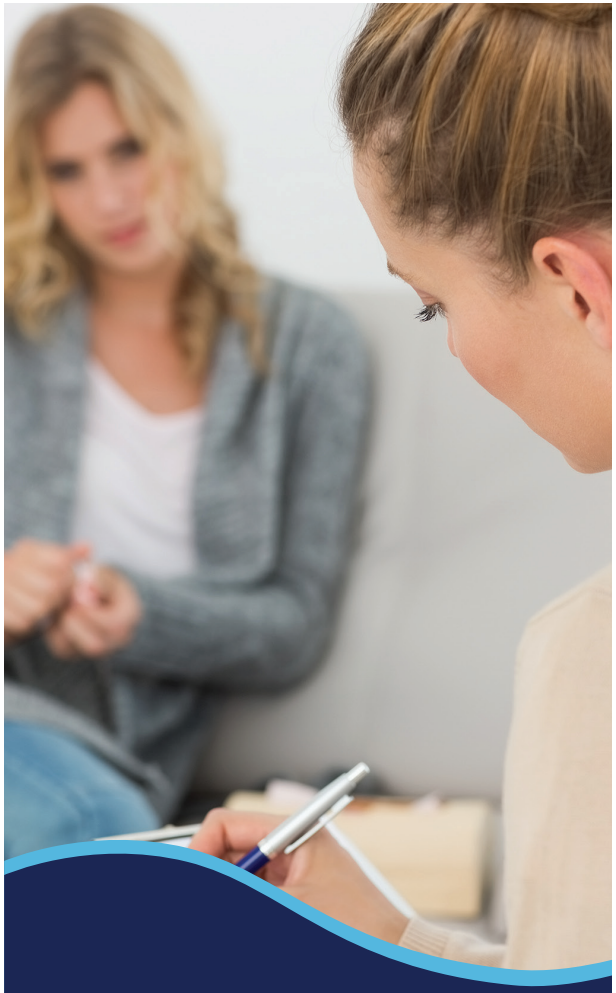

Department of Psychiatry
and Human Behavior

Emotional Health & Wellness Program for TJUH House Staff

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Emotional Health and Wellness Program Support for House Staff

Introduction

The years of medical training can be among the most exciting and gratifying of a physician's life. However, the years of residency and fellowship can also cause significant amounts of stress, fatigue, and uncertainty. During these times, House Staff may find it helpful to have additional support and encouragement. Counselors and psychiatrists are available to provide the assistance and guidance to help House Staff achieve personal success.

Emotional Health and Wellness Program for House Staff

The Emotional Health and Wellness Program for House Staff is designed to meet the emotional needs of Thomas Jefferson University Hospital residents and fellows with compassion, honesty, and confidentiality. All issues are taken seriously and no problem is "too small" to talk about. For residents and fellows in need of ongoing support, the Emotional Health and Wellness Program is in-network with the Jefferson insurance. For those who prefer to see an off-campus provider, we can assist with community referrals. The benefits of counseling include improved relationships with friends and family, better ability to manage stress and create balance in life, as well as increased personal and career satisfaction.

Common Concerns

There are many concerns that may lead a resident or fellow to seek counseling:

- Stress or anxiety
- Burnout
- Depressed mood
- Marital or relationship problems
- Personal, family, or work crisis
- Difficulties adjusting
- Difficulties making a career decision or choice
- Eating or body image concerns
- Alcohol or drug problems
- Difficulty dealing with physical illness or disability
- Difficulty maintaining work/life balance

Program Eligibility

All Thomas Jefferson University Hospital residents and fellows are eligible for three visits without charge per academic year through the Emotional Health and Wellness Program for House Staff. For residents and fellows in need of ongoing support, the Emotional Health and Wellness Program is in-network with the Jefferson insurance. For those who prefer to see an off-campus provider, we can assist with community referrals. Residents may call **215-503-2817** to receive further details and information about services for House Staff.

About Confidentiality

All information shared during counseling is strictly confidential. No one may have access to such information without the resident's prior written permission, except in situations where there is a threat or danger to life.

How to Make an Appointment

House Staff can schedule an appointment by calling the Emotional Health and Wellness Program for House Staff at **215-503-2817**. After hours, residents should leave their name and contact information on the voicemail of Deanna Nobleza, MD, Director. Calls will typically be returned by the end of the next business day.

Location and Hours

We are located at 33 S. 9th Street, Suite 230. Hours are Monday – Friday, 9 a.m. to 5 p.m. *Early morning, evening, and Telehealth appointments are also available.*

Urgent Situations

Counselors and psychiatrists are available for in-person crisis intervention 9 a.m. to 5 p.m. After hours, residents experiencing an emergency should call 911 or go to the nearest emergency room.

Dr. Nobleza is also available after hours for urgent phone consultation by calling **215-503-2817** and then dialing "**1**" and then "**0**".