GME WELLNESS OFFICE

medicine.utah.edu/gme/wellness
See Pausing Practices at GME Wellness website

Director
Rob Davies, PhD, Licensed Psychologist............................................(801)213-6986
rob.davies@hsc.utah.edu..............................................................HSEB Rm 5750D

Coordinator
Amy Armstrong.................................................................(801)213-8753
amy.armstrong@hsc.utah.edu............................................HSEB Suite 5700

GME OFFICE
515 E 100 S Ste 200, SLC, UT 84102
Main.................................................................................(801)581-2401

EMPLOYEE ASSISTANCE PROGRAM (EAP)  biolquisthale.com
SLC + Ben Farmer (HSEB Rm 5775B)...........................................(801)587-9319
Notify receptionist if you need a same day urgent appt.

RESILIENCY CENTER
HSEB 5th Floor.........................................................(801)213-2503
https://healthcare.utah.edu/wellness/resiliency-center/

PEER SUPPORT
For negative outcomes, experiences of litigation, etc., set up Peer
Support for yourself or another
Amy Armstrong (amy.armstrong@hsc.utah.edu)............................(801)213-8753

HUNTSMAN WELLNESS AND INTEGRATIVE HEALTH CENTER
1st Floor Huntsman Hospital
Shelley.White@hci.utah.edu......................................................(801)587-4585

HUNTSMAN LEARNING CENTER
Library of wellness books, music and digital resources
6th Floor, M-F 8am-5pm..............................................................(801)581-6365
Donna.Branson@hci.utah.edu

PROFESSIONAL DEBRIEF TEAM
Facilitation for processing distressing patient events
Zachery.Robinson@hsc.utah.edu................................................(801)585-2991
VA: Emily Aikins.........................................................(801)5821565 ext. 4296

GME Wellness Menu

SCHWARTZ COMPASSIONATE CARE ROUNDS
U of U Hospital, 4th Tuesday, noon-1pm, SOM Classroom A
Patricia.Galbraith@hsc.utah.edu.........................................................(801)587-0949

Huntsman, 2nd Friday, noon-1pm, HCI Auditorium, 6th Floor
Melissa.Banner@hci.utah.edu...................................................(801)581-2436

Primary Children’s, 2nd Thursday, noon-1pm, PCH Auditorium, 3rd Floor
Stecky.Marinoni@mail.org......................................................(801)662-3701

VA, Variable Times
Amy.Cowan@hsc.utah.edu..................................................(801)582-1565 ext. 5284

U OF U DEPARTMENT OF PUBLIC SAFETY (campus police)
Call for emergencies or safe escort to transportation
Main Line........................................................................(801)581-2295

U OF U HEALTH SPIRITUAL CARE TEAM
Available to talk to anyone to help processing of moral distress
Main.............................................................................(801)213-2484
Primary’s............................................................................(801)662-3782

UNIVERSITY NEUROPSYCHIATRIC INSTITUTE (UNI)
Wellness Recovery Center..................................................(801)583-2500
CrisisLine (urgent).................................................................(801)587-3000
WarmLine (non-urgent)......................................................(801)587-1055

WORK WELLNESS CENTER
Non-emergency illness, free same day visits, M-F 7am-3:30pm
SOM Rm AC147........................................................................(801)581-2227
Make Appointment Online:
https://pulse.utah.edu/site/hhr/work-wellness-center

PLACES TO WORK OUT AT WORK
Huntsman: If you work at least 50% of your time at HCI, go to 5th floor of
research bldg and see Gayle or Rachel. They can program your badges
for access.................................................................(801)213-5749

Primary Children’s: If you rotate through PCH during residency, you have
access to a gym! A yearly fee of $130 is required.
Contact Marlee Brown if interested.

VA: If you rotate through the VA you have access to a gym and a pool!
Stop by out-patient PT on the ground floor at VAMC and sign the waiver
texture. 24/7 access.