

SPECIALIZED MENTAL HEALTH CARE FOR

Residents

AND RESIDENCY PROGRAMS

Your residents' well-being matters

Tend Health partners with your program to meet and exceed Section VI of the ACGME Common Program Requirements.

We build custom packages tailored to your program's needs.

We offer

MENTAL HEALTH CARE

EDUCATION

SKILL DEVELOPMENT

PROGRAM CONSULTATION

Let's talk

connect@tend.health

www.tend.health



Mental health

COUNSELING

- Highly accessible, private, confidential
- On-line scheduling
- Next day appointments
- 24/7 access to clinicians
- Early morning, evening, weekend scheduling
- Delivered by phone, text, video
- Doctoral level clinicians
- Experts in caring for physicians in training

SELF-SCREENING TOOLS

INTERN WELLNESS CHECK-INS

Education

Offered through didactics and webinars.

- Enhance meaning in being a physician
- Mental health self-assessments
- Burnout, depression, substance abuse
- Positive Psychology in medicine
- Mindful communication
- Difficult conversations

Skill development

Offered through longitudinal wellness curriculum, workshops, or practice labs.

- Self-awareness
- Self-regulation
- Cognitive patterns
- Mindfulness
- Purpose
- Values
- Communication
- Self-compassion
- Quieting the critical voice

Consultation

- Review program policies
- Recommend high-yield interventions
- Foster compassionate leadership
- Enhance mental health among faculty
- Create, sustain a culture of well-being

