

Innovative Mental Healthcare for Physicians

tend
HEALTH

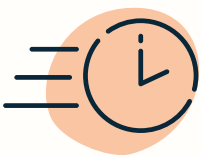
Tend Health is the leading mental health solution for graduate medical education. Our expert team offers specialized services to enhance workforce well-being, reduce burnout, and ensure optimal performance. With a deep expertise in graduate medical education, we prioritize early intervention, accessibility, flexibility, and privacy. We foster trainee vitality to reach their full potential.



"It was so refreshing to work with someone who understood the medical field and residency lifestyle. She understood a lot of the background so we could move quicker towards processing, reflection and looking for solutions."

— FAMILY MEDICINE RESIDENT

What your peers and our clients love about our solutions



Immediate, Easy Care

Same day access. Evening and weekend scheduling available. A few clicks gets you in.



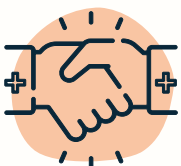
Unprecedented Proactive Care

All members can proactively see a mental health clinician.



Extremely Private

External to employer. Eliminates stigma, impact to licensing and avoids inaccurate diagnosis.



Clinical Expertise

Our clinicians understand the culture of medicine.

Our secret

At Tend, we recognize that relationships are at the core of effective therapy. Research consistently shows that strong, meaningful connections are the most powerful predictor of success. That's why Tend Health is built on a foundation of trust and support—prioritizing relationships to drive real change, foster resilience, and combat burnout.

Suffering in silence is a tragedy we can address. Seeking help not only supports trainees, but also helps them become better physicians for their patients.

Patient Delight

96%

now feel less burned out

99%

would "definitely" recommend
Tend to a colleague

94%

report improved performance
or well-being at work

98%

now feel highly valued by
their organization

A look at some of our solutions



Clinical Services

- Individual and couples therapy
- Medication evaluation and management
- Therapists specialized in caring for health care professionals
- See a clinician on your schedule
- Secure and private to ensure peace of mind



Preventative Work

- Coaching for professional development and resiliency
- Annual behavioral health wellness visit
- Focus on anticipatory guidance, well-being vital signs and early recognition



Program Consultation and Support

- Expert consultation to program directors and leadership about trainees
- Psychological assessments for struggling trainees and physicians
- Responsive and available following adverse events

Why Choose Tend Health?

The unmet need for trainee mental healthcare is enormous and costly. GME programs have identified Tend Health as a cost-effective solution to reduce burnout while also filling a need their EAP can't provide. We offer unlimited sessions and preventive services. Does your EAP do that?

For Organizations

- Exceed ACGME requirements for access to mental healthcare
- Enhance quality of patient care
- Cultivate a positive and supportive culture

For Healthcare Professionals

- Significant improvements in mental health and overall well-being
- Enhanced job satisfaction and increased productivity
- Reduction in burnout and turnover rates

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Let's talk

Take the next step to empower your GME trainees with the mental health support they deserve. Contact Tend Health today to discover how our comprehensive services can meet your program's well-being challenges.

(503) 852-1168

connect@tend.health

www.tend.health/tend-for-trainees

