



UCHealth Physician/APP COVID-19 Support Toolkit

This support toolkit is designed to provide physicians and APPs with a quick reference guide to resources to help them thrive through the COVID-19 pandemic.

Physician/APP resources

Virtual Behavioral Health Center

- Call 24/7 for evaluation, emotional support and referrals
- Speak with a care coordinator and licensed therapist on demand
- No cost

Phone: 833.701.0448

Colorado Physician Health Program

Main line: 303.860.0122

After-hours pager for urgent matters:
303.916.8837

Physician thriving videos

[Physicians surviving COVID-19](#)

[How to support your peers](#)

[To prevent burnout, have a better day off](#)

[Life-work balance for physicians](#)

[Life calendar for physicians](#)

Additional resources

Relaxation apps, child care, financial assistance, support for physical well-being and more for staff and providers can be found via [this link on the Source.](#)