

# BRET VU Postdoc Well-being Resource Guide

Vanderbilt University Edition

## PHYSICAL

- Occupational Health is available to support your physical health needs.
- Faculty/Staff Express Care offers walk-in services for minor infections.
- You may also obtain a consultation from the main Occupational Health Clinic in Suite 640, Medical Arts.

### Lyra – Behavioral/Mental Health Program (VU)

- Postdocs and their families now receive expanded support through a new mental health program.
- 24/7/365 concierge navigation support for behavioral and mental health needs.
- With Lyra, Vanderbilt offers services for employees' spouses and children ages 2 and older. Lyra's services cover 12 EAP sessions per year.

## MENTAL HEALTH

## ONLINE WELLNESS

### Virgin Pulse – Wellness Platform (VU)

- This platform encourages behavioral change through completing a Health Risk Assessment and participating in fun team challenges with family and friends.

## HARDSHIP FUNDS

### The Employee Critical Support Fund

- Created to assist university postdocs, staff, and faculty members who are experiencing temporary financial hardship.

## ACADEMIC SUCCESS

### The Graduate & Postdoc Academic Success (GPAS)

- Provides infrastructure and support to assist BRET trainees in reaching their academic goals.
- Services include programs/consultations around navigating academic relationships.

## TRAINEE ENGAGEMENT & WELL-BEING

### The Office of Trainee Engagement & Well-being (DTEAWB)

- Serve the BRET trainees by supporting their care needs and creating opportunities to gather as a community.
- The office partners with various campus partners to identify paths of care for multiple situations that may impact a BRET trainee.

# BRET

Biomedical Research Education and Training



# BRET VUMC PostDoc Well-being Resource Guide

Vanderbilt University Medical Center Edition

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## MENTAL HEALTH

### Work/Life Connections - EAP

- Promotes psychological resilience and supports personal and professional well-being.
- The program strives to empower postdocs as they develop their strengths, refine their skills, and establish their professional identities.
- Services include counseling by appointment, on-call crisis counseling, and performance coaching.

## ONLINE WELLNESS

### Health Plus

- National and state award winning program that offers a wide array of services and programs designed to identify and reduce health risks and to meet the needs of Vanderbilt's diverse population.

## HARDSHIP FUNDS

### The VUMC Faculty and Staff Hardship Fund

- Established in 1994 to financially assist those who are experiencing a temporary hardship due to a significant life event.
- An award is intended to be a major step for the employee in the return to financial stability.

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