

Faculty Wellness presents

CALM

PEER TO PEER SUPPORT PROGRAM

Supporting Faculty and Advanced Practice Providers:
Finding the Calm After the Storm



CULTIVATING ACTIVE LISTENING IN MEDICINE

Working in academic medicine can have an emotional toll. Patient care, the academic healthcare environment, and the challenges of integrating work/family and personal issues into our busy lives can be stressful.

Through the **Cultivating Active Listening in Medicine (CALM) Peer to Peer Support Program**, UT Southwestern's Faculty Wellness team coordinates trained peer supporter outreach to faculty and advanced practice providers to provide emotional support and resources during times of emotional distress.



Empathy

Peer supporters are trained colleagues who understand the need to maintain appropriate boundaries while providing one-on-one emotional support.



Connection to Resources

Peer supporters provide information about additional resources at UT Southwestern and in the community specific to the individual's needs.



Perspective

Peer supporters are faculty at UT Southwestern. They provide a unique understanding and connection while providing support.



Have a Faculty or APP colleague in need of support? Contact

CALMPeerSupport@UTSouthwestern.edu