

## Klopp, Erica

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**From:** Good, Kolin, MD  
**Sent:** Thursday, December 03, 2015 10:56 AM  
**To:** Good, Kolin, MD  
**Subject:** Reading Health System Physician Wellness

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Dear Colleague,

Physician Wellness is a confidential referral program to help physicians and their immediate family members access services that can help balance the stress of their personal and professional lives. Physicians will be provided with a referral to a behavioral health practitioner outside of Reading Health System, or if preferred, within Reading Health System, to help identify and resolve issues before they become unmanageable.

Some issues that physicians or their immediate family members may face include stress, anxiety, depression, substance abuse, anger, grief and loss, marital or other relationship issues. Referrals for additional concerns such as workplace conflict, parenting and childcare challenges, eldercare, or financial and legal issues are also available through the Physician Wellness program.

Confidential appointments and all other Physician Wellness inquiries can be made by calling our secure helpline at 484-628-9898 (Monday through Friday, 8 a.m. to 4:30 p.m.), or by completing and submitting the secure and confidential form found at: <https://www.readinghealth.org/nonpublic/physician-wellness>.

The initial phone call or email will be answered within 48 hours by Kolin Good MD, Chair, Department of Psychiatry, or Nancy Manwiller or Margie Werner, Directors at Center for Mental Health. Please note the Physician Wellness program is for referrals only. It is not an emergency hotline. During evening and weekend hours, or if you need to speak to someone urgently, contact Quest Behavioral Health directly at 1-800-364-6352 and explain that you are a Reading Health System physician. Your call will be immediately connected to a Quest Care Manager for assistance.

The confidentiality of our physicians is top priority. Treatment information cannot be shared without your consent, except as required by law. Many behavioral health

services are covered under Reading Health System's benefits plan. If services are not covered, the physician will assume responsibility for payment.

The goal of the Physician Wellness program is to provide our medical staff with a resource that is timely, professional, and confidential. I invite your questions and concerns, and look forward to working with you.

Sincerely,

Kolin Good, MD  
Chair, Department of Psychiatry



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