

MY LOVED ONE PASSED AWAY: WHAT DO I DO?

UCSF IM Resident Well-being

PROCESS GRIEF

Processing grief looks different for everyone and we want to honor you in your process. You direct your own grief, at your own time.



FIND YOUR PEOPLE



Some people prefer to talk with loved ones and others with grief counselors:

Faculty and Staff Assistance Program
(415) 476-8279

IM Residency FIRM Lead

Mental Health via resident health insurance
(see below)

JEOPARDY COVERAGE

In order to take care of your needs and to attend services for your loved one who passed away, jeopardy coverage is here for you.

Page or Call 415-443-2037



For extended time off, contact: [EVA GAMBOA, EVA.GAMBOA@UCSF.EDU](mailto:EVA.GAMBOA@UCSF.EDU)

For questions, contact the IM Residency Well-being team:

[ALYSSA PEREZ, WELL-BEING APD](#)
[UCSF IM CHIEF RESIDENTS](#)

For help locating Anthem resident insurance in-network mental health providers:

[SUE FORSTAT, UCSF HEALTHCARE FACILITATOR PROGRAM](#)
[415-514-3324](tel:415-514-3324) / SUE.FORSTAT@UCSF.EDU

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