For information about scheduling an appointment or inquiries regarding scheduling a lecture, please contact one of the following:

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The Taking Care of Our Own Program is aimed at increasing awareness, providing psychoeducation and offering assessment and treatment in a confidential and supportive setting that is optimized to destigmatize seeking help for emotional distress.

Funded by UNC Faculty Practice
The UNC Taking Care of Our Own Program

No one is immune to the effects of stressful life and work circumstances. Physicians, both resident and attending, work long hours under high stress situations, are subject to sleep deprivation, and during extremely busy work hours, may even have difficulty finding time to manage basic bodily needs. Add to that the burdens of trying to ease other people’s suffering, cope with sadness and loss, and calm patients' and families' fears, and the combination can lead to burnout syndrome or other manifestations of stress and mental health concerns.

Burnout syndrome is a growing problem among practicing physicians and is defined as a constellation of emotional exhaustion, depersonalization and loss of perspective that work is meaningful. If you are struggling in some way with burnout syndrome or other mental health issues, you aren’t alone and don’t need to suffer in silence.

Funded initially in 2012 by the UNC School of Medicine Sanders Clinician Scholars Program & now funded by UNC Faculty Practice, the Taking Care of Our Own Program provides education, confidential support, advice, and if needed, appropriate referral for individual mental or physical help that meets your needs.