

# Resident Assistance Service

NEW

Roughly one-third of residents suffer from depression or depressive symptoms.\*

Help make sure your residents have access to confidential counseling when they need it. The Med Plus Advantage program continues to address the needs of residents with the Resident Assistance Service, available through the group long-term disability program.

Since the AMA-sponsored Med Plus Advantage program's inception in 2006, mental disorders have been the #1 reason students and residents file claims with over 21% of claims due to mental disorders.



## The Resident Assistance Service Includes:

- Confidential assistance for problems and work-life concerns, including counseling and in the moment support
- 3 or 6 crisis counseling sessions with a local counselor
- 24/7 access by phone, online, live chat, and text

### Additional services:

- Professional help for depression, family or relationship issues, stress and anxiety, as well as financial and legal concerns
- In addition to the crisis counseling sessions, services include legal services, online will preparation and identity theft and fraud support

The Resident Assistance Service can be added as a service to your current Med Plus Advantage LTD plan.

To learn more, contact [brian.farmer@amainsure.com](mailto:brian.farmer@amainsure.com) or 317.432.7656

\*According to a 2016 investigation published in the Journal of the American Medical Association (JAMA) - <https://www.ama-assn.org/residents-students/resident-student-health/depression-medical-residents-rethinking-training-aid>

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