A pilot program to offer mental health services offered resident physicians at the University of Colorado School of Medicine provides a model for confidential and affordable help, according to an article published today by the journal *Academic Medicine*.

For the 2017-2018 class, 80 resident physicians in the internal medicine and in internal medicine-pediatrics programs were enrolled in a mental health program that provided scheduled appointments at the campus mental health center. Residents were allowed to opt-out of the appointments. The cost of the appointments was covered by the residency programs, not charged to residents. Programs received de-identified invoices so that residents who participated could receive care confidentially.

"Developing mental health programs for residents can be challenging, as previous research has revealed that lack of time, concerns about confidentiality, concerns about stigma, and cost are significant barriers to residents seeking mental health care," the authors write.