

# NCPS Resource Group

## Resource Hotline

The Resource Committee offers a confidential line to speak with a committee member about any question or concern regarding yourself or your practice. This is a benefit of NCPS Membership. While NOT formal treatment, you may call about practically anything.

You may choose the hotline or contact any committee member directly by email or phone below. You may request anonymity and/or ask that your name not be shared with other committee members. In short, this is:

- a free service
- conversations are confidential
- anonymous by request
- a service without notes or records
- a service insulated from outside requests for information

Managing Stress in psychiatric practice keeps us well and averts burnout...

**Hotline: 888-386-3641:** Your call will be returned by the committee member on call or

Call a committee member directly or you may initiate contact by email:

1. Suzana Simkovic - 925-719-2920 [ssimkovicmd@gmail.com](mailto:ssimkovicmd@gmail.com)
2. Lynn Bertram - 925-254-0700 or [lynn.bertram@kp.org](mailto:lynn.bertram@kp.org)
3. Marvin Firestone - [firestone@forensicneuropsychiatry.com](mailto:firestone@forensicneuropsychiatry.com)
4. Sam Naifeh - 415-420-0078 or [samnaifeh@sbcglobal.net](mailto:samnaifeh@sbcglobal.net)
5. Gary Nye - 925-254-3222 or [gn39@aol.com](mailto:gn39@aol.com)
6. Richard Cicinelli - [rickcic@aol.com](mailto:rickcic@aol.com)
7. Simran Singh - email: [ssinghmd3@gmail.com](mailto:ssinghmd3@gmail.com)
8. Farah Zaidi - email: [farah09@yahoo.com](mailto:farah09@yahoo.com)
9. Victoria Cabanela - 707-246-5488 or [cabanelav@yahoo.com](mailto:cabanelav@yahoo.com)
10. Sally Kaufmann - 415-567-3535 or [skaufmann@sbcglobal.net](mailto:skaufmann@sbcglobal.net)