

## GME Wellness and Behavioral Health Resources

Resource	Description	EMR	How	Point of Contact
Chief Residents and Program Leadership	Your leadership has been through similar training and can understand what you're going through. They can be a first point of contact if things are challenging.	No	Chief residents APDs PD	Program dependent
Walter Reed Trainee-Only Behavioral Health Clinic	Flexible options for therapy and/or medication management with an easy scheduling process flexible to your residency schedule.	No	Go to the link <a href="https://wrnmmc.libguides.com/nccbh/">https://wrnmmc.libguides.com/nccbh/</a> and then "NCC Provider Contacts"	Email the provider you want to meet with and state that you are trying to get established with the trainee only behavioral health clinic. They will coordinate with you over email to find an appointment slot that works in your schedule
Walter Reed Adult Outpatient Behavioral Health (AOBH)	Services in therapy and medication management, including personal, family, and marital therapy.	Yes	Crisis: Triage appt. Self-referral PCM referral	Phone: 301-295-0500 Location: Bldg. 19, Floor 6
Walter Reed Integrative Health and Wellness Services in General Internal Medicine Clinic	Short-term therapy that focuses on building on existing strengths; can also develop stress-relief modalities like mindfulness and meditation.	Yes	Self-referral	Phone: 301-295-0105 Location: GIMC, Bldg. 19, Floor 2
Chaplain Services	Spiritual and psychological support.	No	Self-referral	Phone: 295-1510; Location: Bldg. 85T, Floor 2
Military OneSource	Civilian providers who provide free short-term therapy (12 sessions) to AD and family members.	No	Website	<a href="http://www.militaryonesource.mil">www.militaryonesource.mil</a>
Crisis Text Line	Confidential free texting hotline with a trained crisis counselor.	No	Text	Text the word "HOME" to 741-741
National Suicide Prevention Lifeline	24/7 free and confidential support.	No	Phone	988
Physician Support Line	Volunteer psychiatrists provide confidential support M-F (except federal holidays) 0800-0000	No	Phone	Phone: 1-888-409-0141 Other resources: <a href="https://www.physiciansupportline.com/physicians-who-need-help">https://www.physiciansupportline.com/physicians-who-need-help</a>
Emergency Room	If you are feeling unsafe with thoughts of self-harm, acts of self-harm, suicidal ideation, or homicidal ideation, please go to the nearest emergency room.	Yes	Self-presentation	Phone: 911

A note on confidentiality and access: *Your health and safety matter.* The above services are confidential with some active duty exceptions (except for chaplain services, which are 100% confidential). You can and should seek care in times of crisis. Your health is our priority, and programs are required to accommodate it (e.g., allow time to go to medical appointments). If you want advice about any of the above resources, to talk more about the limits of confidentiality, or figure out which resource may be most appropriate for you, please reach out to your chief resident or leadership team who can assist with connecting you to additional resources.