

## GME WELLNESS AND BEHAVIORAL HEALTH RESOURCES

Resource	Description	Documented in AHLTA?	How to engage in service	Point of Contact
<b>Chief residents and program leadership</b>	Leaders that have been through similar situations, and can help support you and access resources should always be a point of contact. The more we know (within your level of comfort), the better we can support you.	No	Contact your chief residents and/or program director.	<b>Chief Resident:</b> CPT Brittany Bumgardner <a href="mailto:Brittany.bumgardner@nccpeds.com">Brittany.bumgardner@nccpeds.com</a> <b>Program Director:</b> LTC Jenn Hepps <a href="mailto:jennifer.hepps@usuhs.edu">jennifer.hepps@usuhs.edu</a>
<b>Walter Reed Adult Outpatient Behavioral Health (AOBH)</b>	Outpatient behavioral health services for therapy and medication management. Includes personal, family and marital therapy.	Yes	PCM or self-referral for care. If you are in crisis, you can walk in for an acute triage appt.	To schedule appointment, call 301-295-0500.
<b>Integrative Health and Wellness Service</b>	Short term therapy options that focuses on building on existing strengths, can utilize modalities such as mindfulness and meditation.	Yes	Self-referral	Call IHWS at-295-0105 to make an appointment.
<b>Chaplain Services</b>	Individual support for times of stress.	No	Available via walk in (0730-1600 Bldg 8, 1st floor)	Phone 295-1510 or 24 hour pager 108-5008.
<b>Provider Wellness Committee</b>	Support for providers at WRNMMC who feel they may have a condition that may impair their ability to optimally provide patient care. They act as a liaison between providers and command and negotiate accommodations.	No	Contact POC	Acting PWC Chair, Mr. James Hardin at <a href="mailto:james.g.hardin.civ@mail.mil">james.g.hardin.civ@mail.mil</a>
<b>Military One Source</b>	Civilian providers who provide free short term therapy (typically up to 12 sessions) for active duty members and their families. This is potentially an option for marital/family therapy.	No	Go to military one source website	<a href="https://www.militaryonesource.mil/">https://www.militaryonesource.mil/</a>
<b>USU Counseling Center</b>	This is a resource for counseling. The Center consists of a psychiatrist, psychologist, and social worker. You can chose among the three to schedule your appointment (their credentials should be included with their availability).	Sometimes	Self-referral via phone or email	301-295-3630 or email <a href="mailto:usucounselingcenter@usuhs.edu">usucounselingcenter@usuhs.edu</a> , which acts as a self-referral. It should automatically return your email with a link and URL to the providers' calendars and a list of available appointments in the next 60 days.
<b>GME Psychotherapy Support Group</b>	A support group with other trainees to process life and stress of residency. Lead by psychiatry residents who are practicing group therapy.	Yes, but very limited	This support group is held Fridays at noon. Contact the POC's for how to get involved.	POC for 2020-2021 academic year are: Cecily Lehman, <a href="mailto:cacily.m.lehman.mil@mail.mil">cacily.m.lehman.mil@mail.mil</a> Matthew Hunter, <a href="mailto:matthew.t.hunter6.mil@mail.mil">matthew.t.hunter6.mil@mail.mil</a>
<b>GME Peer Support Program</b>	A peer support program that can help support you through an adverse event or difficult patient experience.	No	Contact Leianna Pouliot to be connected with a trained peer.	Leianna Pouliot, <a href="mailto:leianne.pouliot.civ@mail.mil">leianne.pouliot.civ@mail.mil</a>
<b>NSAB Resiliency Network</b>	A new public-facing website that will take you to the websites of organizations comprising the NSAB Wellness Network (BH clinics, NICOE, Resiliency Services, Pastoral Care, etc), as well several of our installation partners (Marriage & Family Services, Red Cross, USO, MWR, etc.)	Yes	Visit the wellness network website.	<a href="https://walterreed.tricare.mil/wellnessnetwork">https://walterreed.tricare.mil/wellnessnetwork</a>
<b>WR Resiliency Services</b>	Provides individual educational and coaching to improve resiliency.	No	Contact POC	CDR Arlin Hatch, Chief, Resiliency and Psychological Health Services at <a href="mailto:arlin.l.hatch.mil@mail.mil">arlin.l.hatch.mil@mail.mil</a> or call 301-400-1974
<b>Physician Support Line</b>	Free and confidential network of physicians supporting physicians, with no appointment necessary.	No	Contact via phone call- available 7 days per week from 0800 – 0100 EST	Call 1-888-409-0141. Visit <a href="https://www.physiciansupportline.com/">https://www.physiciansupportline.com/</a> for more information.
<b>Crisis Text Line</b>	A confidential free texting hotline with trained crisis counselor who can help you problem solve your crisis.	No	Contact via text.	Text the word HOME to 741-741
<b>National Suicide Prevention Lifeline</b>	The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.	No	Contact via number.	Call 988

**A NOTE ON CONFIDENTIALITY and ACCESS:** All of the above services are confidential with some active duty exceptions. You can and should always seek care in times of crisis; we are here for you! We will work with you to accommodate any appointments that you need, and fully support you engaging in any of the above services.

