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| **GME WELLNESS AND BEHAVIORAL HEALTH RESOURCES AT WALTER REED** |
| **Resource** | **Description** | **Documentation in EHR?**  | **How to engage in service** | **Point of Contact** |
| **Your chief residents and program leadership** | Leaders that have been through similar situations, and can help support you and access resources and are a good first touch point if things are difficult.  | No | Contact your chief residents, APD or program director |  |
| **Walter Reed Adult Outpatient Behavioral Health (AOBH)** | Outpatient behavioral health services for therapy and medication management. Includes personal, family and marital therapy.  | Yes | You can self-refer for care. If you are in crisis, you can walk in for an acute triage appointment. Your PCM can also place a referral.  | To schedule appointment, call (301) 295-0500.  |
| **Uniformed Services University** | Family Medicine Clinic at the Uniformed Services University. If you prefer to be seen by a provider outside of the hospital this is an option.  | Yes | Call to book an appointment: (301) 295-3630 | Call to book an appointment: (301) 295-3630After hours/on-call Physician (will call a doctor directly): (301)312-7241 |
| **Integrative Health and Wellness Service, Internal Medicine** | 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.  |
| **Chaplain Services** | Individual support for times of stress. Have absolute confidentiality!  | No | Available via walk in (0730-1600 Bldg 8, 1st floor) | Phone 295-1510 or 24 hour pager 108-5008 or search “chaplain” in AMS app.  |
| **Military One Source** | 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.  | https://www.militaryonesource.mil/ |
| **GME Peer Support Program** | A peer support program that can help support you through an adverse event or difficult patient experience.  | No | Contact Leianne Pouliot | Leianne Pouliot 301-295-5434, 202-870-7151, leianne.pouliot.civ@health.mil  |
| **Crisis Text Line** | A confidential free texting hotline with trained crisis counselor who can help you problem solve your crisis.  | No | Contact via text 🡪  | Text the word SIGNS to 741-741 |
| **National Suicide Prevention Lifeline**  | 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 🡪  | Dial 988 |
| **Given an Hour- Military** | Provides free mental health counseling and education by volunteer providers.  | No | Complete the online form | Go to <https://giveanhour.org/stayintouch/> and complete the form. Select “Military/Veteran” for the referring program and complete the form. There are options for video and in-person.  |
| **Military and Family Life Counselors (MFLC)**  | Provides counseling to military and family members.  | No | Contact the individual here on base to set up confidential counseling  | Stephane Yambaka Cell: 301-768-3036; Office: 301-232-6725Email: yambakas@magellanfederal.com  |
| **Military and Family Support Center**  | Professional therapists provide individual, family, marital and group counseling. Crisis counseling and support groups also are available. This service is free and confidential. | No | Call or email | NSAB Bethesda, Bldg 11 (9045 Beale Rd), Room 111. Tel: 301-319-4087Email: USN.Bethesda.NSABethesdaMD.List.NNMC-FFSC@health.mil  |
| **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! Programs are required to allow you to go to doctor’s appointments. Let leadership know if you come across any barriers to care. -If you are suicidal, call 911 or go to the nearest emergency department. If you disclose being suicidal to any of the above, except for chaplains, they are obligated to break confidentiality to try to get you help.  |

Modified from NCC IM program’s handout. Last updated 20230502. Send updated/recommendations to rohul.amin.mil@health.mil