

Resources to Support the Trainee

National Institutes of Health

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Office of Intramural Training & Education (OITE)

301-496-2427

training.nih.gov, oite-wellness@nih.gov

Career Services | Educational Counseling & Advising

- Graduate and professional school advising
- Career exploration and advising
- Interpersonal skills development
- Wellness workshops and advising
- Cultural adaptation to USA
- Strategies to improve mentor/mentee relationships

Employee Assistance Program (EAP)

301-496-3164

ors.od.nih.gov/sr/dohs/EAP

Mental Health Professionals | Confidential | Voluntary

- Short-term Counseling
- Crisis Intervention
- Community Resources & Referral
- Phone and face-to-face consultations

Civil Program (NIH Human Resources)

301-402-4845

<https://civilworkplace.nih.gov>

Anti-Harassment Hotline 833-224-3829

Response Team | Coordinators | Anonymous Reports

- Resources for concerns of all forms of harassment, inappropriate, uncivil, or other disruptive behavior impacting the workplace

Ombudsman (Center for Cooperative Resolution)

301-594-7231

ombudsman.nih.gov

Consultation | Coaching | Facilitation

- Neutral, confidential, independent resource
- Coaching, individual and team problem-solving
- Conflict resolution of personal and interpersonal issues
- Identify work-related systems problems

Occupational Medical Service (OMS)

301-496-4411

301-496-1211 (after hours)

<https://go.usa.gov/xnhG3>

- Medical Emergencies | CC Bldg. 10, OP6
- 24/7: Evaluations for abrupt behavior change, substance abuse, injury, illness

Emergencies/Police

24/7, Law Enforcement

- **Main Bethesda Campus**
Call NIH Police
911 landline, 301-496-9911 mobile

Non-emergency, 301-496-5685

- **All other NIH facilities**

Call Local Police

9-911 landline, 911 mobile