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