# Resources

To Support the Supervisor and the Distressed Trainee

## OITE

**301-496-2427**

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

### SUPERVISOR SUPPORT
Consultation and training to support quality mentorship and resolve workplace issues

### TRAINEE SUPPORT
Graduate/professional school advising, career exploration, wellness programs, interpersonal skills development, cultural adaptation, mentor/mentee relationships

### Office of Intramural Training & Education

### Career Services
- Education
- Advising
- Wellness Consults
- Resilience Training

### EAP

**301-496-3164**

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

### SUPERVISOR SUPPORT
Supervisory consultation, crisis intervention, assistance referring trainees to EAP

### TRAINEE SUPPORT
Short-term counseling, crisis intervention, community resources & referral

*Phone and face-to-face consultations

### Employee Assistance Program

### Mental Health Professionals
- Confidential
- Voluntary

### Civil

**301-402-4845**

https://civilworkplace.nih.gov

Anti-Harassment Hotline 833-224-3829

### SUPERVISOR SUPPORT
Consultation to mitigate workplace difficulties, including all forms of harassment, inappropriate, uncivil, and other disruptive behavior

### TRAINEE SUPPORT
Resource for all forms of harassment, inappropriate, uncivil, and other disruptive behavior impacting the workplace

### Civil Program

### NIH Human Resources
- Anonymous Reports

### Ombudsman

**301-594-7231**

ombudsman.nih.gov

### SUPERVISOR SUPPORT
Coaching and conflict resolution design, implementation and training, confidential discussion of personal and interpersonal issues, identify work-related problems, policy and procedures concerns

### TRAINEE SUPPORT
Neutral, confidential, independent resource, coaching, problem-solving, resources and strategies

### Center for Cooperative Resolution

### Consultation
- Coaching
- Facilitation

### OMS

**301-496-4411**

[Occupational Medical Service](https://go.usa.gov/xnhG3), 301-496-1211 *(after hours)*

### 24/7, Medical Emergencies, CCBldg 10, OP6
Evaluations for abrupt behavior change, substance abuse, injury, illness

### Police

**24/7, Emergency Law Enforcement**

NIH Police
- Main Bethesda Campus
  - 911 landline, **301-496-9911** mobile
  - Non-emergency, 301-496-5685

Local Police
- All other NIH facilities
  - 9-911 landline, 911 mobile

Flyer for Trainees & Supervisors, May 1, 2021