

Resources to Support the Supervisor and the Distressed 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 Advising
- Wellness Consults
- Resilience Training

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

Employee Assistance Program (EAP)

301-496-3164*

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

- Mental Health Professionals
- Confidential
- Voluntary

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

Civil Program (NIH Human Resources)

301-402-4845

<https://civilworkplace.nih.gov>

Anti-Harassment Hotline 833-224-3829

- NIH Human Resources
- Anonymous Reports

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

Ombudsman (Center for Cooperative Resolution)

301-594-7231

ombudsman.nih.gov

- Consultation
- Coaching
- Facilitation

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

Occupational Medical Service (OMS)

301-496-4411

<https://go.usa.gov/xnhG3>, 301-496-1211 (after hours)

24/7, Medical Emergencies, CC Bldg. 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