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