

## **Mental Health Resources**

### **Emergent/Urgent Mental Health Consultation**

Page Psychiatrist On-Call (Pager # 13088) or go to the Emergency Room

### **Trainee and Physician Mental Health Program**

#### **Scheduling:**

Email: [BWHfacultytraineeMHP@bwh.harvard.edu](mailto:BWHfacultytraineeMHP@bwh.harvard.edu)

Call **617-732-8905**

Appointments available M-F

Virtual visits offered

#### **Where are we?**

Hale Building for Transformative Medicine

60 Fenwood Ave, 4<sup>th</sup> Floor

#### **What do we offer?**

- Free 30-minute consultation (not documented in Epic)
- Assessment & Treatment
  - Diagnostic Evaluation
  - Treatment planning
  - Psychotherapy
  - Medication
  - Off-campus referrals
  - Consultation/coordination with PCP

#### **Who are we?**

Mary McCarthy, MD

- Consultation/Psychotherapy
- Medication

Natalie Dattilo, Ph.D.

- Consultation/Psychotherapy (CBT)
- Non-Medication

#### **Who is eligible?**

- All BWPO Faculty
- All residents & fellows who spend any time training at BWH
- Note: This is ***not*** an emergency service
  - Not conduct-, impairment-related (not occupational health or EAP)
  - Not reportable (unless self or others at elevated risk of harm)

### **Partners Employee Assistance Program (EAP)**

1-866-724-4EAP, <http://eap.partners.org/>

**For:** New arrivals to Boston, retirement planning, substance abuse, summer activities for families w/ kids, meditation, LGBTQ, work/life balance, smoking cessation, etc...

### **Partners Employee Assistance Program (EAP)**

800-322-2303, <http://www.massmed.org/phshome/>

**For:** Stress management, financial pressures, dealing with administrative burdens, coping with a competitive work environment, physical illness, substance abuse, behavioral or mental health issues, etc...

### **GME Trainee Assistance Program (TAP) Mental Health Resources**

1-866-724-4327

In collaboration with the GME Office and the Partners Resident/Fellow Wellbeing Council, EAP provides extended services for GME trainees. EAP's Trainee Assistance Program (TAP) provides extended hours, opportunity for "virtual" visits, and preferential pairing with mental health counselors with particular interest and experience in resident and fellow wellbeing. These services are confidential (and not entered into the medical record), FREE, and easy to access with locations at each major Partners hospital or via telemedicine visits.

Partners EAP is invested in helping staff and employees work at their full potential and preserve their overall wellbeing. EAP helps individuals with a variety of challenges, such as relationship and family problems, conflicts with co-workers or managers, depression, substance abuse, work-related stress, legal and financial concerns, child and elder care needs, intimate partner abuse, or exposure to adverse medical outcomes and critical incidents.

In addition to immediate 24/7 access to an on-call clinician for urgent situations, EAP provides a full spectrum of resources including short-term counseling, consultation, educational programs and links to a wide array of work-life solutions such as child and elder care. EAP also helps with referrals to a variety of mental health clinicians. No information is included in your medical record or personnel file.

To make a confidential appointment please Call: 1-866-724-4327 or email. Please let EAP know if you are a resident or clinical fellow, so that you can make a priority appointment. If you prefer, you can download, print, scan, and email a form to the EAP.

### **Informal Consultation or Psychiatric Appointment within Partners HealthCare**

All residents and clinical fellows:

1. Employee Assistance Program (EAP) (phone: 866-724-4EAP) offers free, confidential consultation

2. Dr. John Herman, Medical Director of Partners EAP and Associate Chief of Psychiatry at MGH, can be reached directly via page to meet with trainees, and can assist with referrals for ongoing psychiatric care.
3. Residents and clinical fellows in BWH or integrated programs (rotating between BWH and MGH or other Partners sites): email to schedule an appointment with Dr Mary McCarthy: free, 30 minutes, no documentation

### **External Crisis Resource**

Samaritans Massachusetts 24-hour Crisis Hotline: A non-denominational, not-for-profit volunteer organization dedicated to reducing the incidence of suicide by befriending individuals in crisis and educating the community about effective prevention strategies. Free and confidential 24-hour phone line, Boston 617-247-0220; Framingham 508-875-4500; Teen Line 800-252-8336. National hotline 877-870-HOPE (4673).