



**THE GEORGE
WASHINGTON
UNIVERSITY**
WASHINGTON, DC

Responsible University Official: Associate Dean for Graduate
Medical Education, DIO
Responsible Office: SMHS Office of GME
Most recent revision: August 19, 2019

POLICY ON RESIDENT COUNSELING SERVICES

Policy Statement

The George Washington University recognizes that Graduate Medical Education programs place substantial responsibility on residents that may affect physical and mental health. The University seeks to alleviate some of the stressful effects of participation in residency programs by providing residents with access to appropriate confidential counseling and psychological support services.

Who Needs to Know This Policy

All Accreditation Council for Graduate Medical Education (ACGME)-accredited residency and fellowship programs sponsored by the GW School of Medicine and Health Sciences (SMHS)

Policy Contact

Associate Dean for Graduate Medical Education, DIO

Who Approved This Policy

Graduate Medical Education Committee (GMEC)

History/Revision Dates

Approved by GMEC: Sept. 21, 2009
Revised, reviewed and approved by GMEC: October 16, 2017
Revised, reviewed and approved by GMEC: August 19, 2019

Policy

Counseling services are available to residents through the MFA Department of Psychiatry and through the University's Wellbeing Hotline.

- ❖ **MFA Department of Psychiatry:** The Office of Graduate Medical Education offers 24/7 confidential counseling support for trainees free of charge for an intake evaluation plus three (3) visits through the MFA Department of Psychiatry.
 - Residents may be referred to the Department of Psychiatry by their Program Director or they may self-refer by calling the Department of Psychiatry.
 - Residents are eligible to be seen by the MFA Psychiatry Department for an initial evaluation and for up to three (3) follow-up sessions, if needed, at no charge to the Resident. Prior to the initial visit, Residents must identify themselves as residents to be seen without charge.
 - To schedule an appointment, residents should call 202-741-2888 or 202-741-2881.
 - The MFA Department of Psychiatry will refer the resident to the most appropriate practitioner if further treatment is necessary beyond the initial evaluation and three (3) follow-up sessions. An effort will be made to provide a referral to a practitioner who offers discounted fees for residents. The Resident is responsible for payment of these additional services.

- ❖ **University Wellbeing Hotline:** As full-time employees of The George Washington University, residents, fellows, their dependents, and household members are eligible to use GW's wellbeing Hotline
 - This no-cost confidential counseling service helps you address stress, relationship and other personal issues you and your family may face. It is staffed by highly trained master's and doctoral level clinicians who will listen to your concerns and quickly refer you to in-person counseling and other resources for:
 - Stress, anxiety and depression
 - Family and relationship conflicts
 - Grief and loss
 - Relationship/marital conflicts
 - Job pressures
 - Substance Abuse
 - To schedule an appointment, call 1-866-522-8509; TTY: 1-888-879-8274
 - Services are available for you and your household members 24 hours a day, 365 days a year.
 - This resource also includes legal services, financial services, work life balance services, and web based resources.
 - Online: www.resourcesforliving.com

- Username: GW-Wellbeing/ Password: Yourlife

- ❖ For additional resources, consult the SMHS GME website:

<https://smhs.gwu.edu/academics/graduate-medical-education/well-gme/resources-and-services>