



**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: May 2023

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
Revised, reviewed and approved by GMEC: May 15, 2023

Policy

Counseling and support services are available to residents through the Emotional Well-Being resources of the University and SMHS and through the MFA Department of Psychiatry.

❖ **University Employee Assistance Program (EAP):** <https://rwc.smhs.gwu.edu/smhs-mfa-well-being-employee-assistance-programs>

This program is available at no cost to residents, fellows, their dependents and all members of their household and offers support in several ways:

- Receive five confidential counseling sessions per issue at no cost.
- Request work-life service searches for support, such as local childcare center; ask basic legal questions, such as how to create a will.
- Schedule a free 30-minute consultation with a financial professional to discuss financial needs and help resolve issues.

To access EAP:

- Visit my.gwu.edu, select "Sign In." Under the "Working" section, click Employee Assistance Program.
- Or, visit resourcesforliving.com. Log in with Username: GW-Wellbeing and Password: Yourlife.
- Or, call (866) 522-8509 to chat with a care representative.

❖ **Talkspace through GW's SMHS:** <https://talkspace.com/gwu>

- The confidential, on-line therapy app is available through SMHS at no cost for Text or Video Counseling. Residents and fellows must register at [Talkspace.com/gwu](https://talkspace.com/gwu) and use their @gwu.edu email address (not the @mfa.gwu.edu email address). Do not add any insurance information; this benefit is fully funded by SMHS.

❖ **GW Resiliency & Well Being Center:** <https://rwc.smhs.gwu.edu>

- The GW Resiliency & Well-being Center (R&W Center) supports individual, departmental, and institutional level purpose, which is the foundation of whole person health. To support the meaningful contributions of all employees and trainees at GW, the R&W Center provides whole person care and education at all levels.

❖ **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.
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- ❖ For additional resources, consult the SMHS GME website:
<https://smhs.gwu.edu/academics/graduate-medical-education/well-gme/resources-and-services>
 - ❖ Visit the MedHub home page and click on the Emotional Well-Being Resources button