Training:
- Graduate and professional school advising
- Career exploration and advising
- Interpersonal skills development
- Wellness workshops and advising
- Cultural adaptation to USA
- Strategies to improve mentor/mentee relationships

Employee Assistance Program (EAP):
- 301-496-3164
- ons.od.nih.gov/sr/dohs/EAP
- Short-term Counseling
- Crisis Intervention
- Community Resources & Referral
- Phone and face-to-face consultations

Civil:
- 301-402-4845
- https://civilworkplace.nih.gov
- Anti-Harassment Hotline 833-224-3829
- Resources for concerns of harassment (sexual/non-sexual), inappropriate, uncivil, or other disruptive behavior impacting the workplace

Ombudsman:
- 301-594-7231
- ombudsman.nih.gov
- Consultation | Coaching | Facilitation
- Neutral, confidential, independent resource
- Coaching, individual and team problem-solving
- Conflict resolution of personal and interpersonal issues
- Identify work-related systems problems

Occupational Medical Service (OMS):
- 301-496-4411
- 301-496-1211 (after hours)
- https://go.usa.gov/xnhC3
- Medical Emergencies | CC Bldg 10, OP6
- 24/7: Evaluations for abrupt behavior change, substance abuse, injury, illness

Emergencies:
- Police: 24/7, Law Enforcement
- Main Bethesda Campus Call NIH Police
  - 911 landline, 301-496-9911 mobile
  - Non-emergency, 301-496-5685
  - All other NIH facilities
  - Call Local Police
  - 9-911 landline, 911 mobile

Resources for Trainees, March 13, 2020