Mental Health Resource for Residents and Clinical Fellows

What are you looking for?

Immediate Help in a Crisis
call 410-516-9355
to reach the Johns Hopkins Behavioral Health Crisis Support Team
Available 24/7/365

Ongoing psychiatric care

Psychologist/Therapist ("talk therapy")

Confidential Support Line

Online Self-Help Resources

Debrief a challenging or difficult patient

JHU Student Health & Well-Being
Call 410-516-3311 to schedule or you may also schedule an appointment online through the MyHealth Portal.

Psychiatrist that accepts your insurance plan
Benefits information with how to find a clinician is here: https://myahpcare.com/wp-content/uploads/JHU_House-Staff-Benefits-Overview-2024-2025.pdf

On Demand - Available 24/7
(1) Timely Care offers telehealth on-demand https://app.timelycare.com/
OR
(2) JHEAP offers on demand counseling at 1-888-978-1262

Scheduled Care
JHEAP offers scheduled video and in person appts; first 6 visits free
1-888-978-1262 or submit online request:
https://jh.eapintake.com/Pages/cca/jh

Physician Support Line
(not affiliated with Hopkins)
A non-profit resource staffed by volunteer psychiatrists.

Free, confidential and anonymous

Silver Cloud
Confidential interactive learning on managing stress, anxiety, and depression.
https://jhu.silvercloudhealth.com/signup/

Contact RISE (Resilience in Stressful Events)

JHH: Click here or page 410-283-3953

Bayview: Click here or page 410-283-0365