

# Mental Health Resource for Residents and Clinical Fellows

What are you looking for?

Ongoing

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

Debrief a  
challenging or  
difficult patient

Online Self-Help  
Resources

Psychologist/Therapist  
("talk therapy")

Confidential  
Support Line

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

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>

Contact RISE (Resilience in  
Stressful Events)

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](https://myahpcare.com/wp-content/uploads/JHU_House-Staff-Benefits-Overview-2024-2025.pdf)

Physician Support Line  
(not affiliated with Hopkins)  
A non-profit resource staffed by  
volunteer psychiatrists.  
  
Free, confidential and anonymous

JHH: Click here or  
page 410-283-3953

Bayview: Click here or  
page 410-283-0365