

**The MGH Employee Mental Health Clinic can help with the following:**

- Anxiety
- Depression
- Chronic and acute stress
- Burnout and compassion fatigue
- Stress related to navigating hospital systems
- Trauma reactions and PTSD
- Grief and loss
- Mild to moderate substance use concerns
- Consultations and second opinions
- Medication evaluations and pharmacotherapy



**Employee Mental Health Clinic**  
151 Merrimac Street, 4th Flr  
Boston MA 02114

# Massachusetts General Hospital Employee Mental Health Clinic



*Counseling and psychiatric services for  
employees of MGH and its affiliates*

# About our clinic

The mission of the program is to provide short-term, evidence-based therapy and medication services to all employees\* of MGH and its affiliates+ with behavioral health needs. The clinic focuses on targeting specific anxiety, depression, stress, trauma, and/or grief symptoms in a specialized, skills-focused way. Prospective clients do not need to have an MGH PCP to be eligible.

Working in healthcare can be challenging.  
We're here to help.

## Who are we?

**Justin Chen, MD;** Medical Director

**Lisa Solomon, PhD;** Clinical Director, Clinical Psychologist

**Georgia Stathopoulou, PhD;** Clinical Psychologist

**Mariel Cataldi, MD;** Psychiatrist

**Matthew Fadus, MD;** Psychiatrist

**Shannon O'Connor;** Patient Services Coordinator

## What do we do?

We offer short-term (16 session cap) individual and group therapy primarily based on cognitive behavioral therapy and other evidence-based treatments. We also offer medication evaluations and treatment. Consultations around diagnosis and treatment plans are available for those who already have other treatment providers.

\*Presently, we are unable to offer services to students or family members of employees.  
+MGH Community Health Centers, Cooley Dickinson, Wentworth Douglas, Martha's Vineyard, Nantucket Cottage Hospital, MGH West. We are unable to offer services to employees of Mass Eye and Ear and Spaulding Rehab Hospital.

# How does it work?

## Is it confidential?



Information you share with us is confidential. Visit information is documented in your MGB medical record and can be seen by other MGB providers. However, we take care to focus on the most medically relevant information and minimize personal details in our documentation. Information is shared when coordinating care with your other treatment providers. Information will be shared with individuals outside MGB only with your express written consent, or in case of emergency.

## How are appointments made?



Appointments can be made by contacting our patient services coordinator Shannon O'Connor: 617-643-6054. A referral from another provider or EAP services is not necessary.

## How is care provided?



The majority of visits will be provided via telehealth. Limited in-person care will be provided at 151 Merrimac when clinically appropriate. Contact the clinic to learn more.

## How does payment and billing work?



We will bill your insurance for visits. We accept most major insurances. For a list of insurances accepted at MGH please visit: <https://www.massgeneral.org/psychiatry/about/faq>