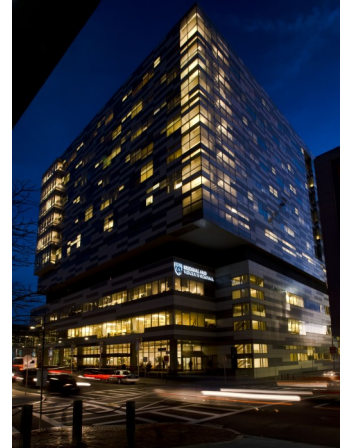


BRIGHAM HEALTH

Brigham Faculty/Trainee Mental Health Program

Brigham Health, the Brigham and Women's Physicians Organization, and the BWH Department of Psychiatry are pleased to announce the launch of the Brigham Faculty/Trainee Mental Health Program. In response to increased concerns for physician burnout and its impact on mental well-being, this program offers significantly streamlined access to psychiatric services at BWH.



To achieve this the program is offering:

- Free confidential 30-minute **virtual consultation** to determine what might be most helpful. There will be no record in Epic.
- If psychiatric care is determined to be a useful treatment (for example, conditions including depression and anxiety),

we can provide:

- o Continuing care at BWH, **usually up to 6 virtual sessions**, with confidential notes in Epic and charges to insurance
- o A referral to an outside provider
- OR
- o A consultation with your primary care provider

The best way to access the program is to email the program at BWHfacultytraîneemhp@bwh.harvard.edu to schedule an appointment. You may also call our Program Coordinator at **617-732-8905**. You can expect a reply from us within 24 hours if the email was received during regular business hours Monday-Friday 8:30-5pm. If received on a holiday or weekend, we will get back to you on the next business day. Our goal is to schedule an appointment for you within 72 hours of your request. If this is an urgent matter or an emergency, go to the nearest emergency room.

Mary K. McCarthy, MD, is the Medical Director of the Program and is available for the initial meeting, and any further psychotherapy and psychopharmacology treatment if desired. During the COVID crisis she will meet with you via virtual visit. However our offices are located on the 4th floor of the Building for Transformative Medicine (BTM), an administrative floor.

Natalie Dattilo, Ph.D MHA, is available for initial and follow up psychotherapy treatment. During the COVID crisis she will meet with you via virtual visit. However our offices are located on the 4th floor of the Building for Transformative Medicine (BTM), an administrative floor.

Please note that this program is not designed as a monitoring program for unprofessional, disruptive, or otherwise impaired physicians, or for those physicians required by their program/department to be monitored as a condition of continued employment. Nor is it an emergency service. Supervisors or managers should consult our Employee Assistance Program about the alternative resources for these issues.