

## Contact us



Schedule a confidential in-person, video or phone appointment.

In-the-moment support - The Trainee Assistance Program is here for you 24/7; you can call [866-724-4327](tel:866-724-4327) at the time that is right for you.

Visit [online appointment-request](https://online-appointment-request.eapphysicianprogram.partners.org) or email [eapphysicianprogram.partners.org](mailto:eapphysicianprogram.partners.org) to request an appointment online.



We serve Mass General Brigham.

Call or check our website for a list of office locations.

Here for you...

Help for you.

# Trainee Assistance Program

The Trainee Assistance Program is a free and confidential Work and Life Resource. The Trainee Assistance Program offers all services of the EAP with additional benefits for GME trainees: short-term counseling, extended hours, educational programs, resources, and referrals. Whatever is troubling you, you don't have to face it alone.

Help is available 24 hours a day,  
7 days a week.



# About Trainee Assistance Program

## Who can use the Trainee Assistance Program?

Professional staff and household family members. Access is easy and there is no cost to you.

## When can I talk to a Counselor?

A compassionate counselor is available 24/7, 365 days of the year to help you with life's stressors so that you can live a happy and productive life. Simply call the toll-free number or visit the Employee Assistance Program (EAP) website for online resources.

## Will anyone know I have used the Trainee Assistance Program?

Contact between you and the Trainee Assistance Program is confidential. No information is included in your medical record or personnel file.

## Workgroup Crisis Response

Our Trainee Assistance Program counselors are skilled at supporting leadership, staff, and employees in the aftermath of traumatic incidents or adverse medical events that can disrupt patient care, operations, and staff well-being.

## Online Resources

Visit our website for helpful information, resources, self-assessment tools and upcoming dates for our well-being and work-life webinars. The site is available in multiple languages.

## Staff and Employee Lactation Resources

The Program provides staff and employee lactation resources and rooms. See the EAP website for information about what is available at your organization.

I was getting really stressed out and the Trainee Assistance Program helped me to get my priorities back in perspective.

# What can Trainee Assistance Program help with?

Anxiety

Child Care

Depression

Elder Care

Emotional Well-being

Family and parenting Issues

Financial Concerns

Grief, Loss

Intimate Partner Abuse

Legal Issues

Marital and Relationship Problems

Physical Illness

Physical, Emotional and Sexual Abuse

Stress

Substance Use Problems

Workplace Issues

The Trainee Assistance Program really helped me get my life back together. My partner and I are getting along much