

3.C.2.

Counseling Services

The University of Connecticut School of Medicine, along with the Capital Area Health Consortium, are committed to providing access to appropriate and confidential counseling services to all residents/fellows who need and want professional counseling.

Program Directors may recommend counseling to residents/fellows who are identified as struggling and whose evaluations show that they may have stress in their lives that they are not handling well. Program Directors may not require counseling.

There are two types of programs available to residents:

1. **Community Psychiatrists:** There are three psychiatrists, each in private practice, who are available to counsel residents. (See Appendix A for contact information.) Residents/fellows may contact one of the psychiatrists who, upon learning the person is a University of Connecticut resident/fellow, will make time in their schedule to meet with the resident/fellow as needed. The resident/fellow need only show a pay-stub showing that they are a resident/fellow. There is no limit to the number of sessions during the training period and the Capital Area Health Consortium covers the cost for this completely confidential program.
2. **Employee Assistance Program:** The EAP at the University of Connecticut School of Medicine has the same acceptance/billing plan for counseling. A resident or fellow who wants counseling services from this department would be able to see psychologists, social workers, marriage counselors etc., as needed. Again, there is no limit to the number of sessions during the training period or cost to the resident/fellow. (See Appendix A for contact information)