

EAP (employee assistance program) through TCH: up to 6 sessions (per concern) for free to any TCH employee and/or any of their household members. Concerns they commonly address include:

- child-rearing concerns
- marital difficulty
- work stress
- depression
- anxiety
- grief
- financial troubles
- alcohol and drug-related problems.

More info available on the TCH intranet (while logged into your Citrix desktop, open Internet Explorer. When the home page opens, click on the "Human Resources" tab on the left hand side.)

Xavier Psychological Services Center (PSC for short). \$20/session. 513-745-3531. When you call you will probably have to leave a message saying you're interested in being seen as a community patient (as opposed to an XU student) and then will get a call back from one of the PsyD's that supervise the clinic for screening. Typically you do an intake session first and then are assigned to a therapist. Residents in psychiatry who have taken this option say it is more CBT and behaviorally oriented (relaxation training, coping skills, etc) and not very psychodynamic, but overall quite helpful. If you are interested in DBT in particular, inquire about Nick Salsman.

Lindner Center of Hope: 513-536-0639 (outpt services direct line).

820 Delta Offices: 513-321-9902. 820 Delta Ave, Cincinnati OH, 45226. A collection of psychiatrists in private practice, located in Mt.Lookout. Teresa Anderson MD, John Offenberger MD (Adolescent & Pediatric Psych), Sara Nawaz MD, Thuhuong Vu MD, Nichole Brandts MD (FP).

The Hollister Center: 513-621-5001. 26 East Hollister Street, Cincinnati, Ohio 45219. Private group near TCH and UH including psychiatrists, PhD psychologists, and LISWs

UC Department of Psychiatry: 513-558-7700. 260 Stetson St # 3200 (3<sup>rd</sup> floor), Cincinnati, OH. For CBT, ask for Scott Ries. For Family Therapy ask for Pete Dillon or Betsy Gibson.

Cincinnati Center for Psychotherapy and Psychoanalysis: 513-961-8830 3001 Highland Avenue, Cincinnati, Ohio 45219. usually \$200/hr but some take insurance.

Ohio physicians health program: provides counseling and support for Ohio physicians dealing with substance abuse, mental health, stress, burnout, and/or physician illness. For more info, call (614-841-9690), email ([Info@ophp.org](mailto:Info@ophp.org)), or visit the web page (<http://www.ophp.org/default.aspx>).