

**HOW TO SEEK CONFIDENTIAL  
SERVICES FROM THE STUDENT AND  
HOUSE STAFF PSYCHIATRIC  
COUNSELING SERVICE**

You may simply call the  
Counseling Service at **713-798-4881**  
to schedule an appointment or  
for emergencies.

*There is no fee for these services.*

**STUDENT AND HOUSE STAFF  
PSYCHIATRIC COUNSELING  
SERVICE**

**Baylor College of Medicine**  
Department of Psychiatry & Behavioral Sciences

**Baylor**  
College of  
Medicine

**A Confidential Service Provided At  
No Cost To:**

**Residents  
Medical Students  
Graduate Students  
PA Students  
Nurse Anesthetists  
Clinical Fellows  
Spouses and Significant Others  
Phone: 713-798-4881**

**BAYLOR COLLEGE OF MEDICINE  
STUDENT AND HOUSE STAFF  
PSYCHIATRIC COUNSELING  
SERVICE**

**THE SERVICES WE OFFER**

**How Will I Know I Need  
the Student and House Staff  
Psychiatric Counseling  
Service?**

**Purpose**

Since 1978, BCM Counseling Service has offered up to 12 sessions of psychotherapy at no charge to medical and allied health trainees.

**Population Served**

The program serves medical students, graduate students, residents, physician assistants, nurse anesthetist students and clinical fellows as well as their spouses and significant others.

**Problems Addressed**

While medical and graduate training are rewarding and exciting, they can also be stressful. The most common reasons for seeking counseling include relationship difficulties, anxiety and depression.

Services are provided **at no cost** for up to 12 sessions

- Individual Counseling
- Premarital Counseling
- Marital or Relationship Counseling
- Psychopharmacology

Services are provided by members of the faculty in the Department of Psychiatry & Behavioral Sciences

All Provided Services Abide by the Strictest Rules of Confidentiality

The Service Does Not Issue Any Report to Administrative Personnel Within Your Department or any others of Baylor College of Medicine.

**Depression/Anxiety**

- I'm depressed much of the time.
- I'm anxious much of the time.
- I feel angry much of the time.
- I'm drinking more.
- I think I have an eating disorder.

**Work Problems**

- I keep thinking I've chosen the wrong profession.
- My work is suffering.
- I feel pulled in too many directions.
- My relationship with my colleagues is strained.

**Relationship Problems**

- I am having serious doubts about my marriage or relationship.
- My partner tells me I'm retreating.
- I don't like going home.
- My relationship gives me little pleasure.
- I've lost interest in sex.

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