

Johns Hopkins Health and Wellness Resource and Eligibility

Postdoctoral Research Fellows, Clinical Fellows, and Interns & Residents

More benefits information can be found here: [The Office of Postdoctoral Affairs](#) or [Johns Hopkins School of Medicine Office of the Registrar](#).



Primary Care

UHS Primary Care Provides **medical, mental health, and wellness services** to the Johns Hopkins East Baltimore campus* and their spouses, domestic partners, and dependents.

University Health Services Mental Health Outpatient **mental health services** (Psychiatric assessment and individual therapy) are included at no out-of-pocket cost.

* Includes the School of Medicine, the Bloomberg School of Public Health, the School of Nursing, and the Berman Institute of Bioethics



Counseling

MySupport Free access to **confidential counseling and referral services**. You and your family members also can opt for an in-person appointment with a member of MySupport's Clinical Care Team.

TimelyMD A free mental telehealth counseling service. Includes **TalkNow (free scheduled counseling)** staffed by mental health **professionals** delivered virtually through the website.



Fitness

Denton A. Cooley Center Features **personal training, group classes, a women's weight room, and intramural team sports**. A satellite center is on the 9th floor of the School of Public Health. Visit the **membership portal** for pricing information.

O'Connor Recreation Center On the JHU Homewood campus. **Membership and pricing** are separate from the Cooley Center.



Online

SilverCloud Online, confidential **access to interactive learning modules** that teach cognitive behavioral therapy (CBT) techniques.

Calm Free premium **access to the mindfulness meditation app** that includes soothing sounds, along with guided meditation and sleep stories.

Click the icon to follow us



UHS Wellness serves students, post-doctoral fellows, house staff and other trainees **to help you thrive professionally and personally**, and promote an environment that supports your health and well-being. **Subscribe** to the **UHS Wellness Listserv** for wellness-related updates and events. **To contact us** with any comments, ideas, questions, or recommendations please email, uhswellness@jhu.edu.

Center for Health Education and Well-Being (CHEW) cultivates and supports holistic well-being for individuals, relationships, groups, and the JHU community at-large. The CHEW staff are available to consult on services and programs aligned with JHU Wellness including **Alcohol and Other Drugs Services** and **Gender Violence Prevention**.

JHU Wellness is your **single destination for student wellness** resources, news, and events available across Johns Hopkins University.

Johns Hopkins Health and Wellness Resource and Eligibility

Full Time Graduate Students, Doctoral Students, and Medical Students

More benefits information can be found here: [SOM Office of the Registrar](#), [SOPH Student Affairs](#), [SON Health Resources & Insurance](#)



Primary Care

[UHS Primary Care](#) Provides **medical, mental health, and wellness services** to the Johns Hopkins East Baltimore campus* and their spouses, domestic partners, and dependents.

[University Health Services Mental Health](#) Outpatient **mental health services** (Psychiatric assessment and individual therapy) are included at no out-of-pocket cost.

* Includes the School of Medicine, the Bloomberg School of Public Health, the School of Nursing, and the Berman Institute of Bioethics



Counseling

[JHSAP \(Johns Hopkins Student Assistance Program\)](#) Licensed clinicians provide **short-term, solution-focused counseling**. Help is free, confidential, and available **24/7/365** by calling 443.287.7000, option #1.

[TimelyMD](#) A free mental telehealth counseling service. Includes **TalkNow (free scheduled counseling)** staffed by mental health **professionals** delivered virtually through the website.



Fitness

[Denton A. Cooley Center](#) Features **personal training, group classes**, a women's weight room, and intramural team sports. A satellite center is on the 9th floor of the School of Public Health. Visit the [membership portal](#) for pricing information.

[O'Connor Recreation Center](#) On the JHU Homewood campus. [Membership and pricing](#) are separate from the Cooley Center.



Online

[SilverCloud](#) Online, confidential **access to interactive learning modules** that teach cognitive behavioral therapy (CBT) techniques.

[Calm](#) Free premium **access to the mindfulness meditation app** that includes soothing sounds, along with guided meditation and sleep stories.

Click the icon to follow us



[UHS Wellness](#) serves students, post-doctoral fellows, house staff and other trainees **to help you thrive professionally and personally**, and promote an environment that supports your health and well-being. **Subscribe** to the [UHS Wellness Listserv](#) for wellness-related updates and events. **To contact us** with any comments, ideas, questions, or recommendations please email, uhswellness@jhu.edu.

[Center for Health Education and Well-Being \(CHEW\)](#) cultivates and supports holistic well-being for individuals, relationships, groups, and the JHU community at-large. The CHEW staff are available to consult on services and programs aligned with JHU Wellness including [Alcohol and Other Drugs Services](#) and [Gender Violence Prevention](#).

[JHU Wellness](#) is your **single destination for student wellness** resources, news, and events available across Johns Hopkins University.