

# re-sil-i-ence Resources

*the capacity to withstand or to recover quickly from difficulties*

Institution	Wellness Resources	Grievances Resources	Other Resources
<p><b>Baylor College of Medicine</b></p>	<p><u><a href="#">Wellness Programs</a></u> - individualized or group wellness programs. The Office of Student Services works with students to identify needs and find existing resources or develop new initiatives across seven dimensions of wellness.</p> <p><u><a href="#">BCM Well-being programs</a></u> – for postdocs, fellows, staff, faculty:</p> <p><u><a href="#">Emotional and Mental Health Resources</a></u> for postdocs</p>	<p><u><a href="#">Student Appeals and Grievances</a></u> – There are several pathways available to deal with concerns. This website provides guidance on options.</p> <p><u><a href="#">Postdocs grievance policy</a></u></p>	<p><u><a href="#">Ombuds Office</a></u> – confidential place for students, trainees, faculty, and staff to express concerns, resolve disputes, manage conflicts, and increase communication skills.</p>
<p><b>Houston Methodist Research Institute</b></p>	<p><u><a href="#">Wellness Resources</a></u> (including counseling services)</p>	<p><u><a href="#">Ombudsman Program</a></u> - Concerns about situations that interfere with work, study or student life that may be academic related, interpersonal conflicts, and harassment can be discussed</p>	
<p><b>MD Anderson</b></p>	<p>For <b>Wellness Resources</b>, see UTHealth <b>Employee Assistance Program (EAP)</b> provides confidential assistance to resolve problems that affect personal lives and performance on the job. The EAP offers professional assessment, guidance and referral services for personal counseling and legal issues in regular and emergency situations.</p> <p><b>Emergency Crisis Line: 713-500-4688 (IMUT).</b>                      Available 24 hours a day</p> <ul style="list-style-type: none"> <li>•Confidential counseling and mental health care</li> <li>•Covered by student services fee</li> </ul>	<p><u><a href="#">Grievances</a></u> – both Academic and non-Academic</p>	<p><u><a href="#">Ombuds Office</a></u> - serves all employees at MD Anderson, including faculty, staff, trainees, postdocs and students.</p>
<p><b>Rice University</b></p>	<p><u><a href="#">Wellbeing and Counseling Center</a></u> - provides a place to talk about solutions to wellbeing and mental health concerns.</p>	<p><u><a href="#">Grievances</a></u> – the Office of Graduate and Postdoctoral Studies can provide guidance for handling petitions, appeals, and grievances.</p>	<p><b>Natural Sciences Ombudsperson</b>  <a href="https://naturalsciences.rice.edu/natural-sciences-ombudsperson">https://naturalsciences.rice.edu/natural-sciences-ombudsperson</a></p>

<p><b>TAMU - IBT</b></p>	<p><a href="#">Student Counseling</a> - access to private counselors to assist with mental and emotional health needs. Six free, confidential visits per academic year.</p> <p><a href="#">University Health Services</a> - Empowering students to succeed by supporting their mental and physical health.</p>	<p><a href="#">Ombuds Services</a> for Graduate and Professional Education - serves as an informal, independent, and neutral resource that anyone from the graduate and professional community can use to obtain assistance with a conflict, misunderstanding, concern or issue related to graduate education.</p>	<p><a href="#">Graduate Student Organization</a> - promotes better communication, develops the program, provides activities and services, and strengthens the graduate community. Responsible for cooperatively interacting with faculty and administration.</p>
<p><b>University of Houston</b></p>	<p><a href="#">Counseling and Psychological Services</a> – provides a variety of services including individual/group therapy and workshops</p>	<p><a href="#">Ombuds</a> - provides a safe setting to confidentially discuss concerns about workplace and academic issues, interpersonal difficulties and to receive assistance in identifying options for resolving the conflicts and concerns.</p>	
<p><b>UTHealth Houston</b></p>	<p><a href="#">Student Counseling Services</a> – UTH provides counseling services for current students. The first visit is free, then your insurance is billed.</p> <p><a href="#">Work/Life Resources for Postdocs</a></p>	<p><a href="#">Student Complaints</a> – this webpage provides information on the different ways that grievances can be filed at UTH.</p> <p><a href="#">Grievance policy for Postdoctoral Research Fellows</a>  <a href="#">Office of Postdoctoral Affairs</a>  E-mail: <a href="mailto:ms.opa@uth.tmc.edu">ms.opa@uth.tmc.edu</a>  Telephone: +1 713 500 6612</p>	<p><a href="#">University Ombuds Office</a></p>
<p><b>UTMB</b></p>	<p><a href="#">Counseling and Psychological Services</a> - opportunity to talk privately about personal, academic, or other concerns in a safe, confidential setting.</p>	<p><a href="#">Office of the Ombudsman</a> - facilitates communication and assists students and postdocs in reaching understandable resolutions.</p> <p>*Students should reach out to the Student Ombudsperson, and postdocs should reach out to the Faculty Ombudsperson</p> <p><a href="#">Professionalism Portal</a> – This tool is a resource for students and postdocs seeking to report professionalism concerns. Confidentiality will be respected.</p>	<p><a href="#">Student Success Center</a> – several links to variety of services</p> <p><a href="#">Field House</a> – is a state-of-the-art fitness and wellness facility offering the latest in exercise equipment, classes and other resources.</p>