

Resilience Coaching



MedStar Health resilience coaches are experienced mental health professionals who can help you build the skills, knowledge, and resources needed to overcome difficult challenges and adversities. Sessions are offered at no cost for MedStar Health associates.

Resilience coach appointments may be scheduled as in person or virtual sessions.

How do I access coaching?



Scan here to schedule a session



Scan here to learn about all your wellbeing resources

How can a resilience coach help me?



Learn mental wellness management strategies



Build support systems



Explore solutions to present challenges



Find and navigate new resources



Develop and set healthy goals



Explore ways to improve your wellbeing

It's how we treat people.

