

From: [Rosen, Lee](#)
Subject: Reminder about resources for mental health and support
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Attachments: [image001.png](#)

Hello LCOM Students! In recognition of National Suicide Prevention Day, I am taking an opportunity to remind you of the mental health and academic support resources available here. It almost goes without saying that reaching out for help when we need it is a marker of professionalism. I see all the time how much you support each other to be well, and I am grateful to be part of a community that cultivates this value.

Note, we will soon be rolling out our new Mental Health First Aid training, which all of the first-year students will experience, and this will be made available to all upper class students, too. Details to follow in the next few weeks.

So, our resources:

- Dr. Lee Rosen, [Director of Student Wellbeing](#)
- Dr. Marissa Coleman, [Wellbeing Advisor](#)
 - Note that Dr. Coleman is a UVMCMC psychologist and an expert in issues related to diversity, equity, and inclusion, and that her drop-ins are available for *all* LCOM students.
- [Dr. Nathalie Feldman](#), Director of the [Learning Environment](#)
- The [Office of Diversity, Equity, and Inclusion](#)
- [Drop-ins with Deans for Students](#) (Drs. Kulaga, McNamara and DeAngelis)
- [Dr. Moynihan](#), the Director of [Academic Achievement](#)
- [Prism Center at UVM for LGBTQ+ identified](#) students
- [The Mosaic Center for Students of Color](#)
- [The UVM Women and Gender Equity Center](#)
- You own wonderful student-led group, [The Wellness Committee](#)

For counseling and psychiatric care:

- UVM's Counseling and Psychiatric Services ([CAPS](#)). Available to all UVM students, for free, regardless of which insurance you have.
- Cognitive Behavioral Therapy from the training clinic ([Vermont Psychological Services](#)) in the UVM psychology department (reach out to Dr. Rosen or call them directly). The waitlist here has been a little long lately; fortunately CAPS or Wellconnect can fill the gap while you're waiting.
- Referrals to local mental health providers in CT (reach out to [Dr. Kulaga](#)) or community providers in VT (reach out to [Dr. Rosen](#) or your Wellness Committee reps).
- **WellConnect**. *Wherever* you are (i.e., VT, CT, on vacation or an away rotation), as an LCOM student, you have access to free online, phone, and in-person counselling sessions with a licensed mental health professional. The easiest way to access services is to call WellConnect at 866-640-4777 (code: UVMCOM).
- Referrals for psychiatric care (reach out to [CAPS](#), [Dr. Rosen](#), or the [Wellness Committee](#)).

And also note:

- The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals, advancing professional best practices, and building awareness.
 - The National Suicide Prevention Lifeline is – 1.800.273.8255
- Crisis services in Connecticut can be found [here](#)
- Vermont Suicide Prevention Center is a resource for those in Vermont



As always, please don't hesitate to reach out to me if you have questions or other resources to share.

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