

From: [Rosen, Lee](#)
Subject: reminder about resources for mental health, support around sexual violence, and other support services
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Hello Students. I want to remind everyone take care of yourselves and each other, and to have a low threshold for reaching out for support when you need it. As LCOM students, there are a number of excellent resources available to you. Please let me or anyone on the Student Services team know if you have any questions or difficulties accessing the resources you might need.

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.
- 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](#), [Dr. Kulaga](#), or the [Wellness Committee](#)).

For support around sexual violence, in addition to the above services [The UVM Women and Gender Equity Center](#) is also a very helpful resource. Note that UVM now has a partnership with [H.O.P.E Works](#) to provide advocacy and support for victims of sexual violence.

Additionally, our other LCOM and UVM 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. Leigh Ann Holterman](#) , Assistant Director of Student Wellbeing
- [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](#)
- You own wonderful student-led group, [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](#)
- In Chittenden County the number for the Adult Crisis Service is [here](#)
- Vermont Suicide Prevention Center is a resource for those in Vermont



With appreciation,
Lee Rosen

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