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Cc: [Rosen, Lee](#)
Subject: Resources available to students, just in time for summer!
Date: Wednesday, June 15, 2022 9:30:59 AM
Attachments: [MH Crisis Protocol 2022.pdf](#)

Dear Students,

We 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. CAPS and WellConnect are still running through the summer, which is a great time to work on any wellness goals you have, go to therapy, or anything else you might want to tackle! Also, attached is the mental health crisis protocol in case anyone needs it.

As LCOM students, there are a number of excellent resources available to you. Please let us or anyone on the Student Services team know if you have any questions or difficulties accessing resources. Additionally, if you are concerned about another student's mental health, you can contact any of these resources. If you believe that you or another person is in a *life-threatening emergency*, **call 911**.

For counseling and psychiatric care:

- [CAPS](#) - UVM's Counseling and Psychiatric Services. Available to all UVM students, for free, regardless of which insurance you have.
- [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 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).
- Referrals for psychiatric care (reach out to [CAPS](#), [Dr. Rosen](#), [Dr. Kulaga](#), or the [Wellness Committee](#)).

For support around sexual violence:

- [The UVM Women and Gender Equity Center](#) is also a very helpful resource, in addition to the above services.
- [H.O.P.E Works](#) and UVM have partnered to provide advocacy and support for victims of sexual violence.

Additional LCOM and UVM resources:

- Dr. Lee Rosen, [Director of Student Wellbeing](#)
- Dr. Marissa Coleman, [Wellbeing Advisor](#)
 - Note that Dr. Coleman is a UVMCC 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](#) – or **call 1-800.467.3135 or 211**
- 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
Director of Student Wellbeing

Leigh Ann Holterman
Assistant Director of Student Wellbeing



The University of Vermont

LARNER COLLEGE OF MEDICINE

Mental Health Protocol

If you believe this to be a life-threatening emergency
Call 911



Make sure you are safe. If this involves another person, be sure they verbalize that they will not harm themselves. If possible, see if they have a friend/family member to stay with them in the meantime. Stay in contact until help arrives.

If you are concerned about your own or another student's mental health, call any of these resources **24/7** for information or support:



WellConnect
866-640-4777

WellConnectForYou.com (Code: UVMCOM)



UVM CAPS
802-656-3340

<https://www.uvm.edu/health/CAPS>

Additional Crisis Resources:

National Suicide Prevention Lifeline: (800) 273-TALK (8255)/ TTY (800)-799-4TTY (4889)

Vermont:

First Call of Chittenden County: (802) 488-7777

Vermont Crisis Text Line: text VT to 741741

Police Wellness Check*: 203-854-3000

Connecticut:

ACTION LINE: 1-800-467-3135 (or 211)

Danbury Police Wellness Check*: 203-797-4611

Norwalk Police Wellness Check*: 203-854-3000

Any of the numbers above will connect you with helpful resources or support for **you or another student. Make contact when:**

- ~You or someone else has thoughts of suicide/self-harm~
- ~You or someone else has thoughts of harming someone else~
- ~When you feel like you need extra support~

When in doubt, it's always better to ask for help

*You can request a Police Wellness Check to have a police officer stop by someone's home to make sure they are ok. You do **NOT** need to have the person's address.

If you need assistance with academic or wellness planning, please go to med.uvm.edu/studentservices to sign up for a drop-in appointment