

**From:** [Rosen, Lee](#)  
**Subject:** Wellness Committee "Suggestion Box," etc.  
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**Attachments:** [image001.png](#)  
[MH Crisis Protocol updated.pdf](#)

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Hello Students! I hope you are enjoying the transition into springtime mode. I'm sending out just a couple of items from the Wellness Committee and our Student Wellbeing office.

**First**, the Wellness Committee is interested in your suggestions for any improvements or activities would benefit student wellness at LCOM. Thus, they have provided a virtual "*suggestion box*." Here's the message from the committee:

**Do you have any suggestions on the ways the Wellness Committee can address the wellbeing needs of the LCOM community? You can provide them anonymously to the link below! We will monitor responses every few weeks.**

[Wellness suggestion box](#)

Second, we have attached our "Mental Health Crisis Protocol," which contains helpful resources in case of crisis situations.

And finally, I'm taking this opportunity to remind you of our usual mental health resources in case you or someone you know could use some extra support:

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 gender-based or 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](#)

Take care!

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## 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/student-services](https://med.uvm.edu/student-services) to sign up for a drop-in appointment