

From: Rosen, Lee <lee.rosen@med.uvm.edu>

Sent: Thursday, August 13, 2020 1:02 PM

Subject: mental health and LCOM resources from this morning's discussion

Hello Students,

We greatly appreciate your engagement in today's Wellness Day activities. I want to make sure everyone has the list of resources we discussed at the end of this morning's session. As I stated, please don't hesitate to reach out to me or Dr. Menon or a member of the Wellness Committee

If you have questions about which resource is right for you.

My drop-in sign-up is [here](#). If you can't find a time that works for you, you can email [summer.griffin](#) and she'll find another time for you in my calendar.

Enjoy this afternoon's activities!

Lee Rosen

Mental health care for LCOM students.

- 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).
- 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 ([access code - MED credentials req.](#)).
- Referrals for psychiatric care (reach out to [CAPS](#), [Dr. Rosen](#), or the [Wellness Committee](#)).

LCOM resources

- [Dr. Nathalie Feldman](#), Director of the [Learning Environment](#)
- The [Office of Diversity, Equity, and Inclusion](#)
- [Drop-ins with Deans for Students](#) (Dr. Menon, Dr. Eldakar-Hein, Dr. Kulaga)
- [Dr. Moynihan](#), the Director of [Academic Achievement](#)
- [Prism Center at UVM for LGBTQ+ identified students](#)
- [The Mosaic Center for Students of Color](#)
- Student leadership groups, like [The Wellness Committee](#)

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