

# EMOTIONAL WELL-BEING RESOURCES

FROM EVERYDAY CHALLENGES TO LIFE'S MORE  
SERIOUS CONCERNS, SUPPORT IS HERE.

## OFFICE OF WORK/LIFE

Columbia's Office of Work/Life (OWL) fosters the well-being of the Columbia community and its people in their pursuit of meaningful and productive academic, personal, and work lives. OWL offers university-wide and departmental well-being programs, workshops, and online resources to support:

- Mental & Emotional Well-Being
- Physical Activity
- Food and Nutrition
- Ergonomics
- Weight Management
- Financial Well-being
- Building Community
- And More!

### **Mental and Emotional Well-Being Resources:**

- Drop-in meditation series
- Online meditation recordings
- Stress management and mindfulness workshops
- Collaboration & promotion of HR/Benefits resources including:
  - EAP, mental health coverage, and related virtual/online resources

Website: [worklife.columbia.edu](http://worklife.columbia.edu)

Phone: [212-854-8019](tel:212-854-8019)

Contact Us: [worklife@columbia.edu](mailto:worklife@columbia.edu)



## UNITEDHEALTHCARE (UHC)

### Behavioral & Mental Health Providers

Reach out to Advocate4me for a referral to a mental health professional who is in-network.

- Call **800-232-9357**, Monday – Friday, 8 a.m. to 11 p.m.
- Chat at [myuhc.com](http://myuhc.com) or the UHC mobile app
  - Monday – Friday, 8 a.m. to 8 p.m.
- Open the [United Healthcare app](#) for assistance on the go

## Wellness Coaching

Connect with coaches at your convenience. Connect one-on-one with a coach who can make recommendations and help create an action plan to guide your progress.

Call a Wellness Coach: **1-800-478-1057**



## EMPLOYEE ASSISTANCE PROGRAM



Confidential, immediate support is available for concerns as they occur. Get **6** counseling sessions per topic at no cost for benefits-eligible faculty and staff and their household members.

**CareNow Self-Directed:** On [website](#) or [mobile app](#)

**CareNow Counselor:** Call 1-844-636-1260 (TTY: 711)

**Chat Online:** [columbiauniversity.lifeworks.com](http://columbiauniversity.lifeworks.com)

**Log In:** Columbia **Password:** eap

**Life Coach:** Get 6 sessions if you need assistance with short-term problem-solving or developing a longer long-term plan to make a life change. Call 844-636-1260 to enroll in the life coaching program.

Life coaching is not counseling or therapy; it is not a substitute for mental health counseling or treatment. If you are coping with mental health concerns, call to speak to a Care Counselor who can offer you that support.

### **EAP Well-Being Support**

Features assessments, adopting healthy habits & emotional well-being resources.

## Calm Health



The Calm Health app provides you with access to mental health wellness programs, mindfulness content, and personalized resources and education - all at your own pace.

As a UnitedHealthcare member, Calm Health is included in your health plan and available at no additional cost.

Scan the QR code to get started!

You'll first need to sign in to your account on [myuhc.com](http://myuhc.com) or the UnitedHealthcare app.



# EMOTIONAL WELL-BEING RESOURCES



## Cope Columbia

Fosters collective well-being and resilience by sharing evidence-based coping strategies, and peer support to faculty and staff.

Services Offered:

- Individual Time with Psychiatry Faculty
- Peer Support Groups
- Townhalls and Webinars
- Additional Resources and Practices

If you have questions about CopeColumbia services or programming, contact [CopeColumbia@cumc.columbia.edu](mailto:CopeColumbia@cumc.columbia.edu)

## ColumbiaDoctors Psychiatry

To request an appointment online or through telehealth services visit [columbiadoctors.org/psychiatry](http://columbiadoctors.org/psychiatry)  
Call **1-212-305-6001** to get started

## VIRTUAL THERAPY

### ALMA

- Find a therapist who fits your needs and takes your insurance visit: [helloalma.com](http://helloalma.com)

### TALKSPACE APP



- Online Therapy - Private and Secure.
  1. Check insurance coverage or pay out of pocket.
  2. Get matched with a therapist.
  3. Start therapy.
  4. Switch providers at any time at no additional cost.Visit [Talkspace.com](http://Talkspace.com)

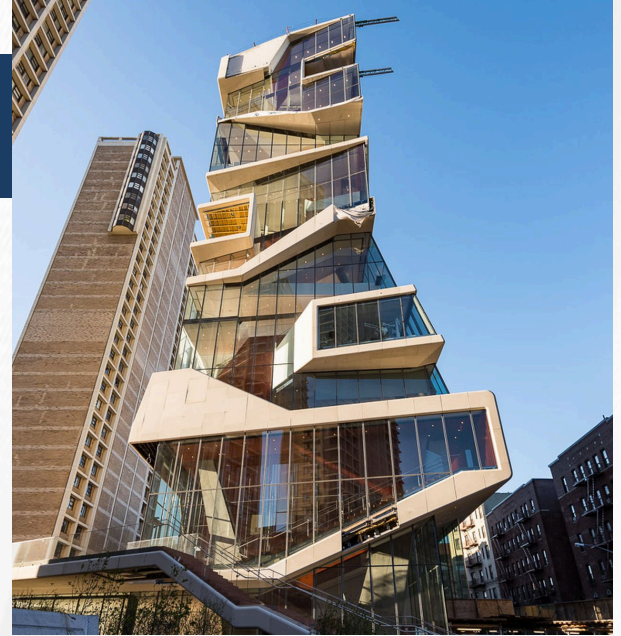
## CRISIS HOTLINES

988 Suicide & Crisis Lifeline  
1-800-273-8255 or 988

NYS Hopeline - Addiction Help  
1-877-846-7369

NYC Crisis Services  
1-888-692-9355

All calls are free, confidential, and open 24/7.



## VIRTUAL VISIT OPTIONS

### AMWELL



- 24/7 virtual visits for urgent care
- Virtual primary care, behavioral health and specialty care visits available.
- [go.amwell.com](http://go.amwell.com)

### DOC ON DEMAND



- Doctor on Demand offers 24-hour online urgent care.
- Book therapy or psychiatry mental health session with clinical experts
- [doctorondemand.com](http://doctorondemand.com)

### TELADOC



- Talk to a doctor, therapist or medical expert anywhere or by phone or video.
- [teladoc.com](http://teladoc.com)

SCAN THE QR CODE FOR PDF OF FLYER

