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
Phone: 212-854-8019
Contact Us: 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 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

Log In: Columbia  Password: eap

EAP Well-Being Support
Features assessments, adopting healthy habits & emotional well-being resources.

AbleTo: Self-Care App
On-demand support for anxiety, depression, and stress. Track your daily mood, access coping tools, build life skills, and connect with peer communities. Receive 1:1 care with a behavioral health coach, therapist, or both.
EMOTIONAL WELL-BEING RESOURCES

ColumbiaDoctors

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

ColumbiaDoctors Psychiatry
To request an appointment online or through telehealth services visit columbiaDoctors.org/psychiatry. Call 1-212-305-6001 to get started

VIRTUAL VISIT OPTIONS

AMWELL
- 24/7 virtual visits for urgent care
- Virtual primary care, behavioral health and specialty care visits available.
- 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

TELADOC
- Talk to a doctor, therapist or medical expert anywhere or by phone or video.
- teladoc.com

VIRTUAL THERAPY

ALMA
- Find a therapist who fits your needs and takes your insurance visit: 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

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.

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