

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](tel: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.

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

ColumbiaDoctors Psychiatry

To request an appointment online or through telehealth services visit 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

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

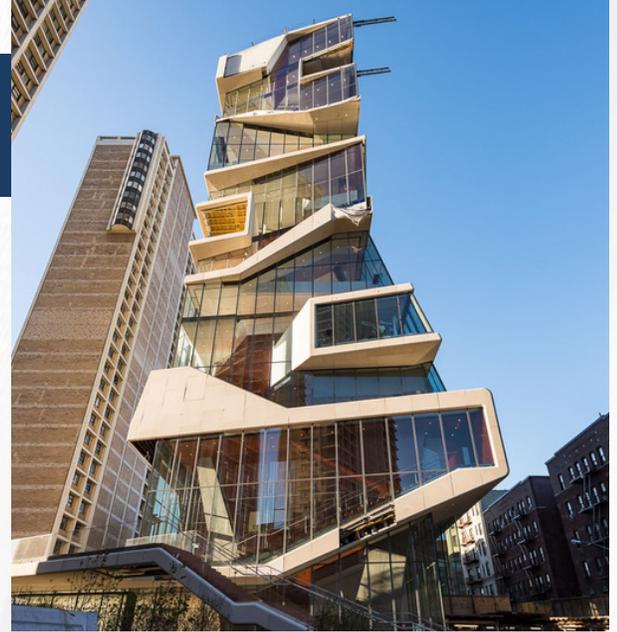
CRISIS HOTLINES

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

NYS Helpline - 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

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

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