



24/7 access to free and confidential care by
phone, video or mobile app!



NEW YORK MEDICAL COLLEGE

A MEMBER OF THE TOURO COLLEGE AND UNIVERSITY SYSTEM

Offered through the Office of Student Mental Health and Wellness

Psychiatric Care & Counseling

Schedule Appointments At Your Convenience

Teladoc gives you access to board certified psychiatrists, licensed psychologists or therapists by phone or video from wherever you feel most comfortable. Book appointments with mental health professionals of your choice 7 days a week, 7am to 9pm - all without having to travel to a doctor's office.



Key Benefits:

- Robust and confidential Telehealth platform
- Medication, evaluation and management
- Available by phone, video or mobile app
- Schedule appts with a provider of your choice
- Covers a spectrum of conditions
- Treat conditions like stress, anxiety, depression, PTSD, substance abuse, life pressures, etc.

 **1-800-TELADOC (835-2362)**

 **www.teladoc.com**

NYMC Student Support Line

24/7 Telephone Support

Health Advocate gives you 24/7 access to a Licensed Professional Counselor for help with personal, family, and work problems. You also have access to a work/life specialist who can help you find a wide range of support resources to help balance your work and life. All It takes is one phone call!

HealthAdvocate[®]

Key Benefits:

- Support for stress, depression or anxiety
- Help with work, marital or family issues
- Financial professionals for money matters
- Connect with a counselor by text, chat or video
- Network attorneys to assist with legal issues
- Additional resources for emotional wellbeing, personal growth, health, fitness and more!

 **1-877-240-6863**

 **members-healthadvocate.com**

To reach the office of Student Mental Health and Wellness:

Email: NYMC-SMHWConnect@nymc.edu - Call: (914) 594-2577

Visit: <https://www.nymc.edu/departments/administrative-departments/student-mental-health-and-wellness/>