



**STRESSED?
BUMMED?
CAN'T SLEEP?
OVERWHELMED?**



SUNY Upstate is committed to offering its residents and fellows the resources you need to manage the stress of this challenging time.

RESIDENT AND FELLOW COUNSELING SERVICES (RFCs)

Upstate GME has partnered with Psychological HealthCare to offer confidential, convenient counseling services to residents and fellows. This private practice group is not affiliated with Upstate and does not use EPIC as an EMR.

These services are covered under the EMPIRE plan as well as others, and copays are waived during the COVID-19 pandemic.

Call or text now to schedule an initial appointment with a licensed mental health provider where we can provide psychotherapy and medication management options.

One call, no hassle, no red tape!

315-491-3676



PSYCHOLOGICAL
HEALTHCARE, P.L.L.C.



UPSTATE
MEDICAL UNIVERSITY

Dear all,

The GME Office would like to make sure you are aware of another resource that is available to assist with your well-being.

The CNYMIPS peer support program will help anyone in the health care professions who calls the number below by connecting them with a Trained peer supporter of a similar job title (resident to resident) at a different institution to maintain anonymity. This is meant to be a one session Peer Support interaction and the Peer supporters have additional references to offer to the person if they need more help.

[\(607\) 547-3244](tel:6075473244)

clinicianpeertopeer@bassett.org

Best,

Danielle

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