



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



SUNY Upstate is committed to offering residents and fellows the resources you need to manage stress and life's challenges.

## **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.

Call or text now to schedule an initial appointment with a licensed mental health provider who can provide psychotherapy and (optional) medication management options.

One call, no hassle, no red tape!

# **315-612-6868**



PSYCHOLOGICAL  
HEALTHCARE, P.L.L.C.



**UPSTATE**  
MEDICAL UNIVERSITY