



**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