

The City College
of New York

CUNY School of Medicine
SOPHIE DAVIS BIOMEDICAL EDUCATION PROGRAM

CUNY School of Medicine
Sophie Davis Biomedical Education Program
PA Program

Counseling Office
(212) 650-8522

Dr. Victor Schwartz
vschwartz@med.cuny.edu
(646) 660-0574

To schedule an appointment or for further information, please email Dr. Victor Schwartz at vschwartz@med.cuny.edu.

Or call (646) 660-0574 and leave your name, phone number, and some convenient times that you can be reached.

Confidentiality Assured.

*** In the event of an emergency, call 911 OR go to the Mount Sinai Morningside Emergency Room located at 113th Street and Amsterdam Avenue OR go to the nearest Emergency Room.

Counseling Office Staff:

Janice Bennett, Ph.D.

Eduvigis Cruz-Arrieta, Ph.D.

Seymour Pardo, Ph.D.

Judith Roth, Ph.D.

Eric Rubin, M.D.

Addette Williams, Ph.D.

Mougeh Yasai, Ph.D.

Victor Schwartz, M.D., DLFAPA
Senior Associate Dean for Wellness & Student Life

The CUNY School of Medicine (CSOM) is an exciting and challenging academic journey. It also marks a time of tremendous personal growth.

It is not uncommon for students to experience stress and anxiety during the course of their studies. Often, students find it useful to take advantage of the CSOM Counseling Office to help alleviate their concerns.

The Counseling Office provides students with a place to speak privately about any of these concerns or others. We meet in offices in the NAC Building, Harris Hall and in off-campus offices.

The Counseling Office provides evaluations and counseling, crisis intervention, psychopharmacology, and workshops.

The Counseling Office maintains a strict standard of confidentiality. There is no charge for services.

The Counseling Office provides free services for all students.

The office is staffed by psychologists and a psychiatrist, who are available to address a variety of questions and concerns that often arise. These may include:

- Stress management
- Feelings of anxiety and depression
- Time management
- Questions about relationships and developing a social life
- Learning to balance academics with other life demands
- Questions about career paths
- Negotiating family responsibilities
- Helping families understand what student life is about
- Concerns about sexuality
- Alcohol and substance abuse

Resources:

- NIH Emotional Wellness Toolkit: <https://www.nih.gov/health-information/emotional-wellness-toolkit-more-resources>
- Keeping Emotional Health: <https://familydoctor.org/mental-health-keeping-your-emotional-health>
- CCNY Counseling Center: <https://www.ccnycuny.edu/counseling>
- CCNY Psychological Center: <https://www.ccnycuny.edu/psychology/psychological-center>
- Psychology Today for counseling/psychotherapy referrals: <https://www.psychologytoday.com/us>
- National Alliance on Mental Illness: <https://www.nami.org/Home>
- The JED Foundation: <https://jedfoundation.org>

Mental Health Resources for People of Color:

- Therapy for Black Men: <https://therapyforblackmen.org>
- Therapy for Black Girls: <https://providers.therapyforblackgirls.com>
- Melanin Mental Health: <https://www.melaninandmentalhealth.com>
- Inno Psych: <https://www.innopsych.com>
- Inclusive Therapists: <https://www.inclusivetherapists.com>
- Black Female Therapists: <https://www.blackfemaletherapists.com>
- Loveland Fund: <https://thelovelandfoundation.org>
- Boris Lawrence Henson Foundation: <https://borislhensonfoundation.org/g>
- The Steve Fund: <https://www.stevelfund.org>

Resources:

- THE TREVOR PROJECT for students identifying as LGBTQ:

What: Provides crisis intervention for students age of 25 and under identifying as LGBTQ. Support on a variety of issues affecting emotional well-being, whether or not concerns are directly related to identifying as LGBTQ.

Call: 1-866-488-7386. Available 24/7.

Chat online: <https://www.thetrevorproject.org/get-help-now>. 7 days/week from 3pm-10pm EST.

Text: TREVOR to 202-304-1200. Available Monday-Friday, 3-10pm

- CRISIS HELP: NYC Well

What: Available 24/7. Speak with a professional or peer counselor for confidential, non-judgmental emotional support, suicide prevention, crisis support, and help accessing mental health and substance abuse care.

Chat online: <https://nycwell.cityofnewyork.us/en/>

Call: 1-888-NYC-WELL or 1-888-692-9355 | Text: Text WELL to 65173

Languages:

- English: 1-888-NYC-WELL (1-888-692-9355)
- Press 2 Call 711 (Relay Service for Deaf/Hard of Hearing)
- Español: 1-888-692-9355, Press 3

Resource:

- SUICIDE PREVENTION HOTLINE:

What: Available 24/7. Free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Call: 1-800-273-8355 | TTY: 1-800-799-4889

Chat online: www.suicidepreventionlifeline.org/chat