

WELLNESS RESOURCES

● Reach Out for Support

If you're feeling overwhelmed, remember that you're not alone. We encourage you to utilize any of the wellness resources below and remind you to stay connected to your own personal support systems as well. We do not need to be in a crisis or at a personal breaking point to seek help or support.

- Individual and group therapy options at the [Student and Trainee Mental Health Program](#)
- Get physical exams, illness visits, and other health check-ups at the [Student Health Center](#)
- Wellness vending machine in Annenberg Student Lounge
- Student affinity groups
- [Office for Disability Services](#)
- Student-led wellness organizations [IcahnBeWell](#), [THAW](#) & [PEERS](#)
- [The Office for Diversity and Inclusion](#)
- Spiritual care through [Chaplaincy Services](#)
- [Office for Disability Services](#)
- 24/7 mental health and crisis support with trained behavioral health counselors via [WellConnect](#). Visit their website or call 212-241-2400 or 1-866-640-4777 (school code: ICAHN)
- Your individually assigned Wellness Advisor*
- The Calm App*
- Additional resources can be found at:
<https://icahn.mssm.edu/education/students/health>

*currently a MedEd only resource

