

Mental Health and Grief Counseling Resources

IF YOU ARE IN CRISIS, GO DIRECTLY TO THE NEAREST EMERGENCY ROOM

National Suicide Prevention Lifeline - 1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Crisis Text Line

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text. Text START to 741741 from anywhere in the USA, anytime, about any type of crisis. A live, trained Crisis Counselor receives the text and responds quickly. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment

Mental health services available at Columbia - open to Postdocs across all campuses

Dean Hope Center for Educational and Psychological Services
Teachers College, Columbia University
Outpatient clinical training clinic
212-678-3262
<http://www.tc.columbia.edu/deanhope/>

NYS Psychiatric Institute Residents' Clinic (PIRC)*
Outpatient clinical training clinic
Contact: Julie McMillan (Assistant to the Director)
646-774-6705
*Must indicate you are a Postdoc at Columbia

Columbia Psychiatry Specialty Services*
Neurological Institute of New York
Contact: Emily Kautz (Program Manager)
212-305-0009
*Must indicate you are a Postdoc at Columbia

Columbia Doctors Nurse Practitioner Group - Washington Heights (only)*
Psychiatric-mental health nurse practitioner
212-326-5705
<http://www.columbianps.org/>
*Must indicate you are a Postdoc at Columbia

Mental health services available beyond Columbia - low to no cost

William Alanson White Institute of Psychiatry, Psychoanalysis & Psychology
20 West 74th Street
New York, New York 10023
212-873-0725
<http://www.wawwhite.org/>

Institute for Contemporary Psychotherapy
1841 Broadway (at 60th St.) 4th Floor
New York, NY 10023
212-333-3444
<http://icpnyc.org/>

Grief Counseling

All postdocs are eligible to receive grief counseling from the office of the University Chaplain.
<http://ouc.columbia.edu/>

Please note: There are many ways to look for a mental health provider. For instance, other mental health resources are available through your insurance provider. You can find more information about these options by going to your insurance provider's website and looking for mental health providers in your area. Another helpful resource to find therapists in your area is <https://www.psychologytoday.com/us/therapists>.