

Mental Health and Wellness Resources Page for PCOM Students and Employees

This page offers information for current PCOM students, faculty and staff for on/off-campus mental health and wellness options through counselors, Carebridge or HealthiestYou.

Resources include, but are not limited to: counseling, life coaching, psychiatry, medical appointments, topic specific resources, quick mental health tips, student leadership opportunities and campus wellness initiatives.

Suicide & Crisis Situations

We recognize that it can often be difficult to manage the multiple priorities and stressors you are facing as pillars within your own family and the heart and soul of our PCOM community. The Department of Human Resources is always available to provide support and resources.

The [National Suicide Prevention Lifeline](#) is available 24/7, and is toll-free and confidential: dial 988.

Text HELLO to 741-741 to connect with a volunteer at the [Crisis Text Line](#).
Text STEVE to 741-741 for BIPOC.

[The Trevor Project](#) is confidential and free. If you are thinking about harming yourself, get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. Call 1-866-488-7386.

Communicate with counselors at the [National Physician Support Line](#) by calling 1-888-409-0141.

IF YOUR EMERGENCY IS LIFE THREATENING, CALL 911 OR GO TO DIRECTLY TO THE NEAREST EMERGENCY ROOM.

STUDENT RESOURCES

Visit the [Mental Health & Wellness tab](#) in the MyPCOM portal for links to articles, resources and wellness apps.

Personal Counseling

Confidential, individual counseling is offered at no cost on a short-term basis to assist enrolled PCOM students with personal issues that may or may not impact their academic success. Current students may meet with a counselor in person or online. Please email the on-campus counselors to make an appointment. Group support sessions, workshops, and consultations are also available.

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Learn more about [on-campus counseling services](#).

Carebridge Services

For times when you need some extra support, the Student Assistance Program is available through the [Carebridge Group](#). This program provides you with access to top quality personalized assistance, 7 days a week, 24 hours a day. The professional experts from Carebridge have a proven track record for providing confidential assistance and can help you find solutions to a wide range of personal and family issues.

Find more information here, [click this link](#) or register your [Carebridge EAP](#) account.

HealthiestYou by Teladoc

HealthiestYou is a telehealth service that provides access to medical doctors, psychiatrists and licensed mental health professionals. All TeleHealth services through HealthiestYou are free for students and are unlimited.

[Click here](#) to learn more about HealthiestYou or [visit MyPCOM](#) to register.

Public Safety

All Philadelphia College of Osteopathic Medicine public safety personnel maintain order on our campuses by educating the campus community on security concerns and by enforcing College procedures.

PCOM Public Safety
Rowland Hall, Suite 232
Phone: 215-871-6351

Terri Allen, Director
Department of Public Safety
Rowland Hall, Suite 232
Office: 215-871-6355

PCOM Georgia Public Safety
Old Peachtree Building, Suite 1106
Phone: 678-225-7451

Paula Dampier, Director
Department of Public Safety - Georgia campuses
Office: 678-225-7458

PCOM South Georgia Public Safety
2050 Tallokas Road, Room 141
Phone: 229-668-3290

Heidi Browning, Assistant Director
Office: 229-668-3292

Visit the [Department of Public Safety](#) for more information.

Behavioral Intervention Team

The PCOM Behavioral Intervention Team (BIT) is a cross-functioning, multidisciplinary group that provides proactive and reactive assistance to students exhibiting concerning behaviors. Visit the [Department of Public Safety](#) for more information.

Wellness Initiatives & Speciality Rooms

The Office of Student Affairs offers a variety of interactive workshops and support sessions throughout the year. Check out PCOM Library's [Health & Wellness e-Book collection](#) for self-care titles and workbooks.

The meditation rooms on each campus are designated for meditation, prayer, relaxation and reflection. They are open to all students, faculty and staff of all ages, genders, abilities, faiths and beliefs.

At the PCOM Food Pantries, pick up a few non-perishable grocery items at-will. Bring your own bag, no sign ups needed. Donations are also accepted.

Private lactation rooms are available as secure spaces to express and store breast milk. Contact the HR Department on your campus to obtain a key for access.

Visit [MyPCOM](#) for locations on each campus.

FACULTY AND STAFF RESOURCES

Carebridge

Employee Assistance Program
800-437-0911
www.myliferesource.com
PCOM's Access Code: R5SAF

Independence Blue Cross

PCOM Health Insurance
Mental Health Services
1-800-688-1911

Independence Blue Cross

MDLIVE

https://members.mdlive.com/ibx/landing_home

Health Advocate

866-695-8622

Contact Information

Contact PCOM Human Resources by email at human_resources@pcom.edu or by phone at 215-871-6500. For contact details on counselors and further information on group support sessions, workshops and trainings, visit [MyPCOM](#).

Stay in touch on social media:

[Office of Student Affairs](#) (PCOM Philadelphia)

[Office of Student Affairs](#) (PCOM Georgia)

[Office of Student Affairs](#) (PCOM South Georgia)