

# Emotional Wellbeing Resources

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## Relieving Stress at CUIMC: e-Learning Course

This 25-minute e-learning program includes tips for recognizing, preventing, and managing stress. You'll utilize different approaches to relieving stress and access resources. <https://columbia.sabacloud.com/>



## Columbia University Office of Work/Life

The Office of Work/Life website lists many resources to assist with mental health and emotional well-being. <https://worklife.columbia.edu/content/mental-emotional-well-being>.



## Columbia's Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) is a network of free services to help you cope with issues experienced in everyday life. <https://humanresources.columbia.edu/employee-assistance>.



## Remote 12-Step Support Groups

12 step virtual and phone meetings for various support groups. <https://www.12step.org/social/online-meetings/>



## Coronavirus Resource Center

Information on COVID-19 for patients and the Columbia University Irving Medical Center community. <https://www.cuimc.columbia.edu/coronavirus-information>



## Virtual Doctor Visits

Virtual Visits allow you to connect with your provider from the comfort and safety of your own home. Available for adult, pediatric, and adolescent patients with a range of specialists, Virtual Visits are convenient and can help to keep you safe. Your ColumbiaDoctors clinician will offer you the same high level of expert, compassionate care that you expect in an office visit.



To schedule a virtual visit with your Columbia provider, please call your provider's office. To be connected with a Columbia provider, call 1-877-426-5637.

For a Virtual Visit with a Columbia provider, you'll need:

- A scheduled appointment
- A Connect patient portal account. A Connect patient portal account If you do not have a connect account follow these steps so you can take advantage of all of the Connect benefits including video visits with your provider. Go to <https://www.myconnectnyc.org/MyChart/signup>
- An iOS or Android mobile device (smartphone or tablet)
- A strong and stable internet connection

As part of your Columbia benefits, you can also have a virtual visit with a UHC provider via computer or mobile device anytime, day or night, 24/7. Click on this link for more information <https://humanresources.columbia.edu/virtual-visits>