

# HealthAdvocate™

## We help support your life



Everyday stress can be overwhelming.

Our experts provide confidential help 24/7 and the right resources to help you find balance no matter where you are in life.

All at no cost to you.

Turn to us—we can help.



855-384-1800

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)

Download the app today!



### Stressed? Anxious? Upset?

Talk to us.

- Get help for family, financial and legal problems, life transitions, substance abuse and more
- Learn strategies to manage stress, depression, anger and improve focus

### Get resources to make life easier. We'll do the legwork.

- Locate childcare, eldercare, summer camps, special needs services, relocation and more
- Get time-saving help locating community resources and convenience services

### Struggling to cope every day?

Get support.

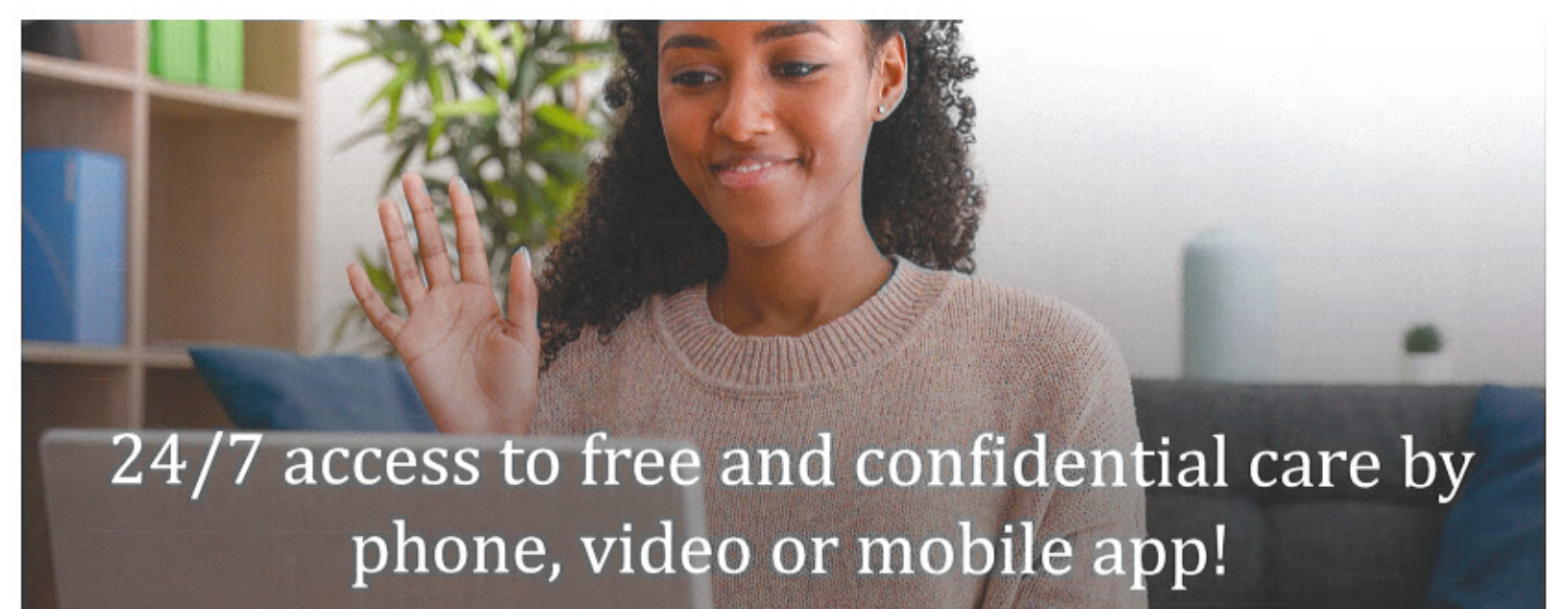
- Build skills to handle challenges, feel more in control of your life
- Get referred to qualified long-term help, if needed

### Easily connect to us.

24/7 access.

- Consult with us by phone, 24/7
- Access your comprehensive website and mobile app for articles, tips, webinars and tools

Services are free and confidential.  
Help is available after hours.



24/7 access to free and confidential care by phone, video or mobile app!



**NEW YORK MEDICAL COLLEGE**

A MEMBER OF THE Touro College and University System

*Offered through the Office of Student Mental Health and Wellness*



[www.Teladoc.com](http://www.Teladoc.com) - (800) 835-2362



### **Psychiatric Care & Counseling** **Appointments At Your Convenience**

Teladoc gives you access to board certified psychiatrists, licensed psychologists or therapists by phone or video from wherever you feel most comfortable. Book appointments with mental health professionals of your choice 7 days a week, 7am to 9pm - all without having to travel to a doctor's office.

### **In-The-Moment Tools & Coaching** **Customized Help Based On Your Needs**

**Coming Aug. 1st!**

Through myStrength, Teladoc offers structured courses, recommended content and in-the-moment tools to help you manage your mental health. Expand your experience with Coaching and Guidance as well as full integration with their Psychiatric Care & Counseling services and crisis outreach and referral when needed.

**HealthAdvocate™**

[HealthAdvocate.com/NYMC](http://HealthAdvocate.com/NYMC) - (855) 384-1800



### **NYMC Student Support Line** **24/7 Telephone Support**

Health Advocate gives you 24/7 access to a Licensed Professional Counselor for help with personal, family, and work problems. You also have access to a work/life specialist who can help you find a wide range of support resources to help balance your work and life. All it takes is one phone call!

### **General Medical Doctors** **24/7 Access to Board Certified Physicians**

Teladoc offers convenient, high-quality care, available 24/7, when and where you need it most. Physicians can resolve a broad array of healthcare issues by web, phone or mobile app, eliminating long wait times and delayed care. Teladoc helps you feel better, faster, so you can focus on your education!

**To reach the Office of Student Mental Health and Wellness:**

Email: [NYMC-SMHWConnect@nymc.edu](mailto:NYMC-SMHWConnect@nymc.edu)

Visit: <https://www.nymc.edu/departments/administrative-departments/student-mental-health-and-wellness/>