

Medical Student Mental Health Resources

The Ohio State University College of Medicine is dedicated to promoting a culture of wellbeing and inclusivity through counseling, consultation, and education. Our goal is to support students in their pursuit of academic and personal development, empowering them to become successful members of the medical community and beyond. This document summarizes mental health resources available within the college, at the university, and in the Columbus area.

Emergency Contacts		
24/7 Suicide Prevention Hotline 614-221-5445 or 988 or 911	Dean on Call (24/7 Assistance) 614-685-3059	OSU Emergency Room 614-293-8333
National Suicide Prevention Lifeline 1-800-273-TALK (8255)	OSU Campus Police 614-292-2121	OSU Hospital Security 614-293-8500

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College of Medicine Embedded Counseling Services



Lora Eberhard MS, PCC, LCDCIII, OSU College of Medicine

Embedded Counselor | 614-292-3340 | 138A Meiling Hall

Lora primarily facilitates individual sessions and supports medical students on issues including adjustment to medical school, crisis support, anxiety and depression, substance use, grief counseling, and many more. She is also a resource for wellness strategies and coordinates referrals to outside treatment providers. Lora is available to meet in person and/or virtually.

Please email to schedule an appointment Lora.Eberhard@osumc.edu

Confidentiality: Information you discuss in clinical sessions is confidential and will not be shared with anyone other than your counselor and their clinical supervisor without your written permission. There are some legal and ethical exceptions to confidentiality, and these are explained in the Notice of Privacy Practices. We adhere to professional, legal, and ethical guidelines established by professional organizations, state, and federal law. If you have questions about these practices, please ask us at any time. If you are under 18 years of age, please inform your therapist, as additional limits of confidentiality may apply.

Contracted Care with Harding Hospital

The College of Medicine contracts with the Wexner Medical Center's Harding Hospital to provide psychological and psychiatric services for medical students **free of charge**. You may choose to start with our COM Embedded Counselor (Lora) first and then be referred to Harding if appropriate, or you can set up services with Harding Hospital directly.

To schedule an appointment, call **614-293-9600**, select **option 2**, and **identify yourself as a medical student**. The providers listed are the only professionals who are contracted to provide services for OSUCOM students.

In person or virtual appointments are available.



Travis Westbrook, PhD

Psychologist | 614-293-9600 | Outpatient Care Upper Arlington, 1800 Zollinger Rd.

Dr. Westbrook is a clinical psychologist who works with a variety of concerns, including depression, anxiety, sleep difficulties, and general stress management. He has a particular interest in providing services for students from traditionally under-represented racial and ethnic backgrounds, as well as those whose experience is impacted by other diversity factors such as religion, sexual orientation, and disability status. Dr. Westbrook is available to meet in person and/or virtually.



Cinthia Benitez, PhD

Psychologist | 614-293-9600, option 2 | Philip Heit Center for Healthy New Albany, 150 W. Main St.

Dr. Benitez received her PhD from the Ohio State University in 2018 where she focused her clinical research interests on studying mood and personality disorders, dialectical behavior therapy, and emotion dysregulation. She is board certified in Dialectical Behavior Therapy. Her clinical interests are focused on emotion dysregulation, interpersonal difficulties, anxiety disorders and perfectionism.



Anne McVey, PhD

Psychologist | 614-293-9600 | Outpatient Care Upper Arlington, 1800 Zollinger Rd.

Dr. McVey devotes her time to clinical practice. Her practice includes working with patients whose issues include depression, anxiety, stress, relationship issues, sexual functioning, and making life choices. She also works with individuals who are dealing with health issues, facing death (either their own or another's) and experiencing grief. She also speaks Spanish.



Emily Bucher, LISW-S

Social Worker | 614-293-9600, option 2 | Philip Heit Center for Healthy New Albany, 150 W. Main St.

Emily graduated from The Ohio State University with a master's degree in clinical social work and completed an internship at OSU Counseling and Consultation Services. She is trained in Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, and certified in Cognitive Processing Therapy. Her clinical focus is treating emotional dysregulation, trauma, depression, and anxiety. She is open to working with individuals from all backgrounds and specializes in working with the LGBTQIAA+ community.

General psychiatric services including medication management are available from the following providers:

Luke Misquitta, MD

Psychiatrist | 614-293-9600, option 2 | OSU Behavioral Health, 3650 Olentangy River Rd.

Michael Stauber, MD

Psychiatrist | 614-293-9600, option 2 | Philip Heit Center for Healthy New Albany, 150 W. Main St.

Psychiatric providers who see medical students do not have a supervisory or evaluative role in medical education.

Other Wexner Medical Center Mental Health Services

The Behavioral Health Immediate Care (BHIC), Harding Hospital

BHIC is an outpatient behavioral health program that offers in-person or virtual medication management and therapy appointments for patients needing services bridged until they meet with their outpatient provider, as well as for those needing an appointment for urgent needs. Services may be provided on a same-day basis. Scheduled and Walk-in appointments available.

- *Scheduling:* To schedule an in-person or virtual appointment, call 614-293-8295. Walk-in appointments are also available Monday through Friday 11 a.m.-5:30 p.m. or until appointments are full.
- *Hours of operation:* Monday through Friday 11 a.m.-7 p.m. by appointment.
- *Location:* OSU Harding Hospital 1st floor (check-in at Harding Lobby front desk upon arrival), 1670 Upham Drive
- *Term of Services:* Receive BHIC services for two months or until appointment with ongoing outpatient provider, whichever is sooner.
- *Payment:* Most Medicare, Medicaid, and Private insurance accepted. Self-Pay is also available.

The Stress, Trauma, and Resilience (STAR) Program, Harding Hospital

The Stress Trauma, and Resilience (STAR) Program at the Ohio State Department of Psychiatry and Behavioral Health offers Programs and services in three basic areas: Support for Professionals, Support for Survivors and Leading-Edge Research. Whether it is from violence, abuse or profound loss, trauma affects someone's outlook on life and their ability to interact with the world. To determine if you qualify for services, please contact the STAR team: <https://medicine.osu.edu/departments/psychiatry-and-behavioral-health/star>

University Mental Health Resources

Counseling and Consultation Services (CCS)

Younkin Success Center (4th Floor), 1640 Neil Avenue, Columbus, OH 43201 Phone: 614-292-5766 | Fax: 614-688-3440 | <https://ccs.osu.edu/>

CCS professionals can assist OSU students with stress management, feeling overwhelmed, academic adjustment, anxiety, and depression. CCS also provides workshops, groups, and outreach that include wellness strategies like mindfulness, accentuating the positive, meditation, and stress management. There is no charge for enrolled students.

Couple and Family Therapy Clinic

614-292-3671

<https://cftc.ehe.osu.edu>

The clinic provides therapy to couples, families, individual adults, children, and adolescents. They look at both the relational strengths and concerns as well as individual strengths and concerns.

SilverCloud

<https://ccs.osu.edu/services/on-demand-services/silvercloud>

SilverCloud is an online, interactive mental health resource that provides students with cognitive behavioral skills and strategies accessible 24/7. SilverCloud can be either self-guided or used with the support of a coach, SilverCloud does not require a referral and you can start right now. SilverCloud includes help with anxiety, depression, stress, insomnia and sleep issues, resilience. It is not designed to replace in-person mental health treatment for many complex concerns but may be an effective option for students with mild to moderate symptoms.

SARNCO (Sexual Assault Response Network of Central Ohio) Campus Advocate

Jess Watson MSW, 614-688-2518

Jesslyn.Watson@ohiohealth.com

24 Hour Sexual Assault Helpline: 614-267-7020

SARNCO's campus advocacy coordinators offer confidential support for survivors of sexual violence for The Ohio State University community (students, staff, faculty, and visitors) Services include confidential reporting, safety planning, crisis response, information about options, and referrals to other local resources. SARNCO advocates do not provide counseling, legal services, legal advice, or case management – but can connect you to options for those services.

Student Health Services

614-292-4321

<https://shs.osu.edu/>

The Wilce Student Health Center, Student Life Student Health Services (SLSHS), at The Ohio State University is a Joint Commission accredited outpatient facility providing a variety of health care services to the student population. All students enrolled at the Ohio State University are eligible to use SLSHS, regardless of health insurance coverage.

Student Wellness Center

614-292-4527

<https://swc.osu.edu>

The Student Wellness Center serves as a resource for information on various health issues, provides programs and services to individuals and groups, and contributes to the development of a more healthy and caring campus community. The Student Wellness Center complements and supports the academic mission of the university by assisting students in obtaining optimal levels of health, growth, and well-being. The Student Wellness Center promotes the 9 dimensions of wellness including: Emotional, Career, Social, Spiritual, Physical, Financial, Intellectual, Aesthetic and Environmental.

Health and Wellness Coaching

<https://go.osu.edu/CARESwellness>

Learn practical well-being skills to help you thrive throughout the block and throughout your life from a caring community of experts and peers! You can receive personalized health and wellness coaching from specially trained OSU providers.

Community Mental Health Resources

Community Provider Database (maintained by OSU Counseling and Consultation Service)

<https://ccs.osu.edu/cpd/>

This database allows you to search for community providers by gender/ethnicity/religion/sexual orientation/insurance etc.

Psychology Today

<https://www.psychologytoday.com>

This is a comprehensive directory of mental health providers with a searchable feature including sexuality/gender/language/faith/insurance/types of therapy.

Alcoholics Anonymous

<https://alcoholicsanonymous.com/aa-meetings/ohio/>

Narcotics Anonymous

<https://na.org/>