

# **Veterans & Families Health and Wellness Resource Packet**

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## **For Students**

Fall 2022

# Overview

Columbia University offers a multitude of world-class health and wellness resources for veteran students and their families. Because there are many departments, referral processes and points of contacts, this packet is designed to help students navigate those resources.

## How to use this packet:

- **Step 1** - Make an appointment with your Advisor to discuss the next steps for proper health resources. Your Advisor will point you in the right direction.
- **Step 2** - Based on your needs or inquiry, refer to the table of contents on the next page
- **Step 3** - Reference the Health Department Cards throughout the packet to augment your Advisor's advice, and help direct you to the proper service.
- **Step 4** – Reference the External Veteran Resources, including VA and Vet Center locations on page 19
- If you or another student is experiencing distress and/or symptoms of depression please refer to page 17
- To familiarize yourself with **student emergency protocol please refer to page 18**

Please direct all questions to the Senior Assistant Dean of Student Veteran Initiatives at the School of General Studies, [gsveterans@columbia.edu](mailto:gsveterans@columbia.edu), 212-854-2881

*The information gathered in this documents is based on current resources and may change without notice.*

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# Health Service, Insurance, and VA Benefits

## Columbia Health & Related Services Fee

### Columbia Health Medical Services (212) 854-7426

- Full time students are charged *by default* to pay the Health & Related Services Fee
- Part time students are not charged, but can opt in
- Provides access to common vaccinations and routine check-ups
- Referrals can be provided for non-routine medical services
- Includes limited counseling services
- Does not include dental services

## Columbia Health Insurance

### All Insurance questions should be directed to (212) 854-3286

- All full-time students must confirm their health insurance plan, or formalize a [waiver request](#) by the appropriate deadline.
- Please refer to the [Insurance Plan website](#) for more information

## VA Benefits

Student-veterans may be eligible for health care benefits through the Department of Veterans Affairs for illnesses and injuries related to their service. Columbia Health recommends that student-veterans confirm their status with Veterans Affairs and, if necessary, complete the paperwork needed to receive benefits in the NYC area.

### To register with the VA, students must visit a VA facility, see page 15

- No monthly fees required when using VA services
- Some VA services charge on a sliding scale – always ask
- Dental services provided during the first 6 months post-service

# Dental Plans

## Columbia Student Health Insurance

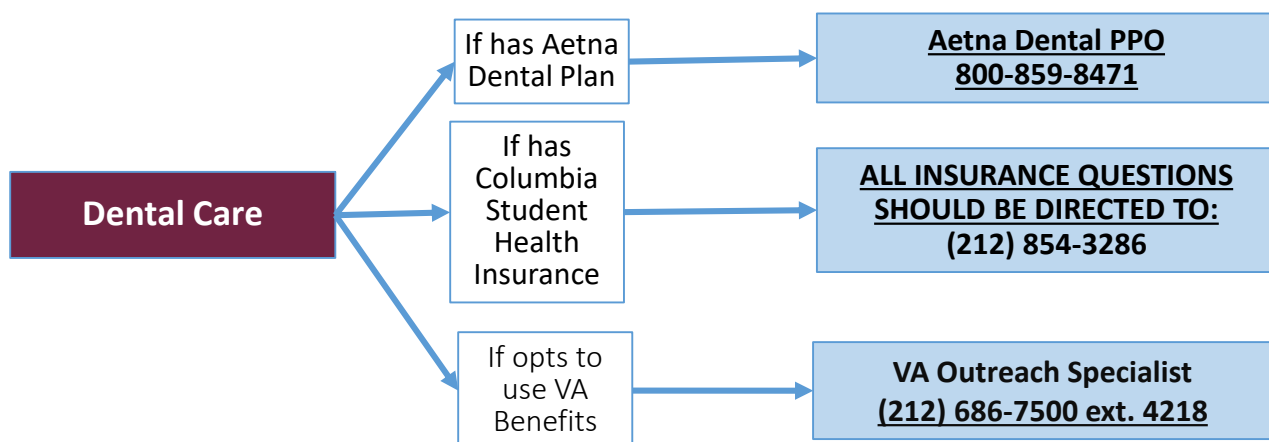
- One annual exam and cleaning included
- Discounts on other services based on student health insurance plan level
- Columbia Doctors Dentistry <https://www.columbiadoctors.org/dentistry>
  - Five locations
  - (877) 426-5637

## VA Benefits

- Contact Lyn Johnson for assistance (see flow chart above for contact information)
- 6 month grace period after active duty for free dental service from TRICARE

## Aetna Voluntary Dental Plans

- Dental PPO plan option
- Visit [aetnastudenthealth.com/columbia](http://aetnastudenthealth.com/columbia) for more information



# Columbia Health Alice! Health Promotion

John Jay Hall, 3rd Floor  
New York, NY 10027  
[health.columbia.edu/alice](http://health.columbia.edu/alice)

## Points of Contact

[alice@columbia.edu](mailto:alice@columbia.edu)  
(212) 854-5453

\*Please check the website for  
official drop-in hours

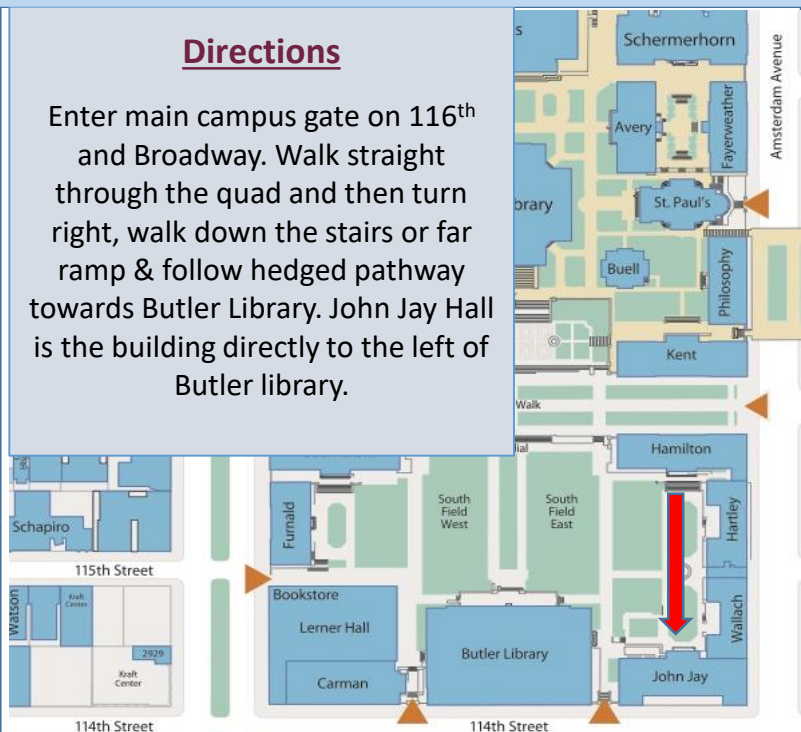
## Main Office Hours

*Academic Semester:*

Monday – Friday 9:00 a.m. - 5:00 p.m.

## Directions

Enter main campus gate on 116<sup>th</sup> and Broadway. Walk straight through the quad and then turn right, walk down the stairs or far ramp & follow hedged pathway towards Butler Library. John Jay Hall is the building directly to the left of Butler library.



## General Information

Alice! Health Promotion - building a healthy environment that supports development and achievement of students and the University community.

Alice! Health Promotion seeks to make students and the University community healthier by connecting individuals and groups with information and resources, cultivating healthy attitudes and behaviors, promoting health, supporting policy, and fostering a culture that values and supports health.

## Services Offered

Go Ask Alice! Anonymous Online Health Q&A Resource ([goaskalice.columbia.edu](http://goaskalice.columbia.edu))  
Alcohol Self-Assessment (online), Marijuana Self-Assessment (online),  
BASICS, Birth Control Education, One-on-One Health Information Sessions,  
Neck & Back Rubs (Stressbusters), Sleep (online option),  
Friend2Friend (supporting a friend in distress), Support for health/well-being programming,  
Workshops & Trainings (wide range of health topics)

# Columbia Health Counseling and Psychological Services (CPS)

Alfred Lerner Hall, 8th Floor  
2920 Broadway, Mail Code 2606  
New York, NY 10027  
[health.columbia.edu/cps](http://health.columbia.edu/cps)

## Appointments and 24/7 Support

(212) 854-2878

\* Has multiple staff members with specialty in veterans' health, **see page 8**

\*Please check the website for official drop-in hour times

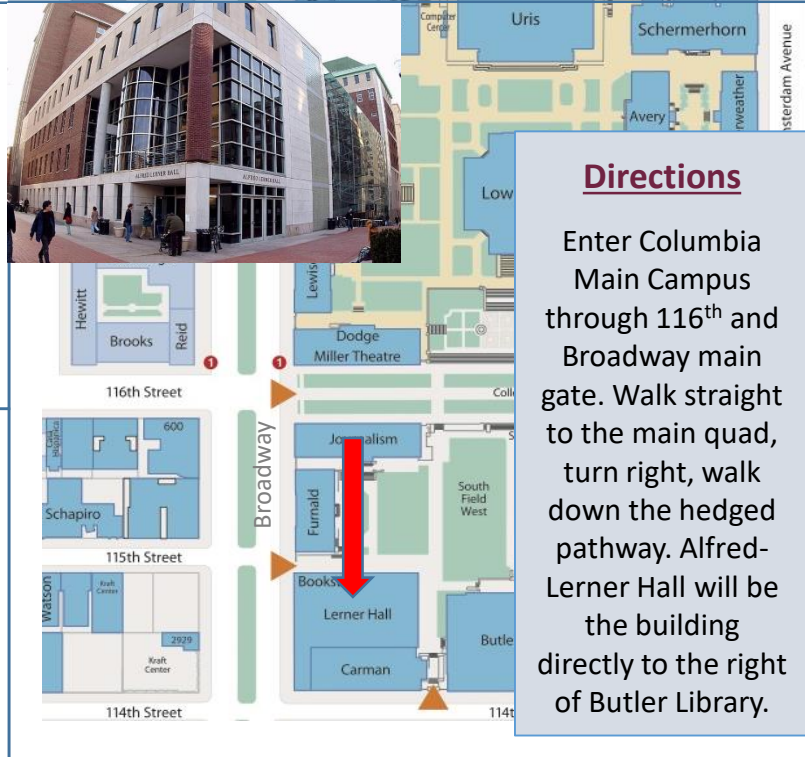
## Main office clinical hours

*academic semester:*

Mon.- Thurs. 8:00 a.m. - 6:30 p.m.

Friday 8:00 a.m. - 4:30 p.m.

Check the website for real time updated hours, including drop-in locations



## General Information

Counseling and Psychological Services supports the psychological and emotional well-being of the campus community — all of which adhere to strict standards of confidentiality.

Counseling and Psychological Services offers short-term individual counseling, referrals for longer-term therapy, student life support groups, medication consultation, and emergency consultation.

## Examples of Support Offered

Veterans' Concerns, ADHD Evaluations, Couples Counseling, Drop-in Counseling, Eating Disorders, First Generation Students, Group Therapy, Individual Counseling, Multicultural Concerns, Trauma Support, Psychopharmacology, Religious and Spiritual Concerns, Sexual and Gender Identity Issues

# Columbia Health Counseling and Psychological Services (CPS)

Alfred Lerner Hall, 8th Floor  
2920 Broadway, Mail Code 2606  
New York, NY 10027  
[health.columbia.edu/cps](http://health.columbia.edu/cps)

## **Veterans' Concerns**

All of the professionals at Counseling and Psychological Services are dedicated to fostering personal well-being and development among student veterans and military personnel. While many soldiers will make a successful return to civilian life, we recognize that student veterans face unique challenges when entering or returning to an academic setting.

[Check here](#) for therapists who may be especially good matches for student-veterans. Please note that when a student's situation is urgent and a particular counselor is not immediately available, it is generally not wise to delay seeking assistance. It is best to initiate treatment with a counselor who is more immediately available; students are always welcome to transfer to a different counselor at a later date.

Consider making an appointment when experiencing one of these frequently reported concerns:

- Difficulty relating to traditional college students
- Developing an identity as a scholar after living as a soldier
- Relationship concerns
- Struggling with feeling safe on campus (e.g., being easily startled or overly vigilant)
- Negotiating the structural and procedural nuances of higher education
- Trouble making decisions
- Recurring, intrusive memories or dreams of combat
- Diminished interest in previously enjoyed activities
- Feeling emotionally distant or estranged from others
- Problematic use of alcohol or other substances
- Excessive guilt or anger
- Questions about future directions

Some members of the Veterans' Concerns team offer drop-in counseling, providing an opportunity to talk with a clinician without an appointment. Note that hours and locations are subject to change, so always check the [website](#) before heading to an office. Sessions are first-come, first-served.



# Columbia Health Disability Services (DS)

Wien Hall, Main Floor — Suite 108A  
411 West 116th St.  
New York, NY 10027  
[health.columbia.edu/disability](http://health.columbia.edu/disability)

## Points of Contact

212-854-6655

Morningside location

### \*Additional CUIMC location\*

105 Bard Hall, 50 Haven Ave.

212-304-7029

Office Hours: Mon - Tues 9:00 am-5:00 p.m.,

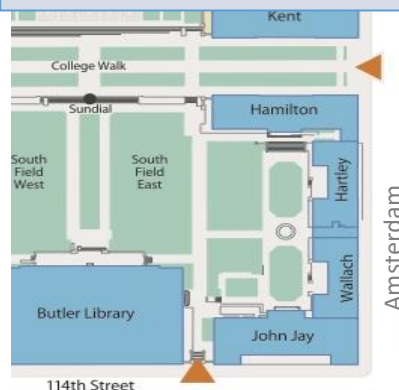
Wed by appt, Thur - Fri 9:00 a.m.-5:00 p.m.

## Drop -In Hours

*Please check the  
website as times vary daily and by  
semester.*

## Directions

Enter Columbia University main campus on 116<sup>th</sup> and Broadway. Walk straight through main campus quad, turn left at the Greene Law building, Wien Hall is the first building on your right.



## General Information

Disability Services facilitates equal access for students with disabilities in all areas of University life, including housing, technology and library access, campus access, student activities and programs, and Commencement and Class Day access/services for students and guests with disabilities. Disability Services works with students with all types of disabilities, including physical, learning, sensory, psychological, ADHD, and chronic medical conditions. Disability Services also provides assistance to students with temporary injuries and illnesses.

## Examples of Possible Accommodations upon Approval

- Academic accommodations
  - Administration of exams with extended time
  - Smaller proctored environment
  - Note-taking
  - Foreign language substitution (pending final approval from school)
- Learning specialist services (test taking skills, note taking skills, time management, and study skills)
- Sign language interpreter or other communicative assistance for deaf or hard of hearing
- Assistive technology
- Campus access, housing accommodations, assistance and service animal approvals

# Columbia Health Gay Health Advocacy Project (GHAP)

John Jay Hall 3rd Floor  
519 West 114th St.  
[health.columbia.edu/ghap](http://health.columbia.edu/ghap)

## Points of Contact

[ghap@columbia.edu](mailto:ghap@columbia.edu)  
212-854-6655

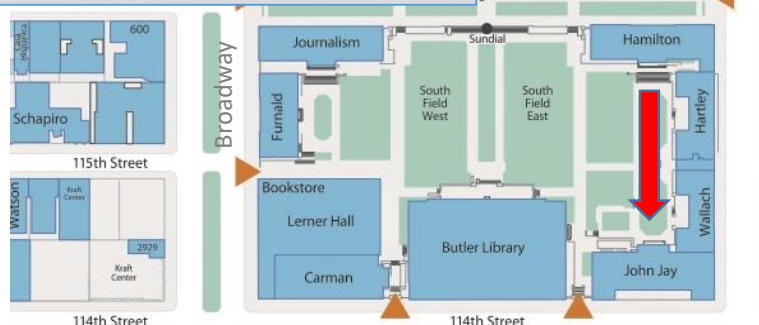
## Drop -In Hours

*Please check the  
website as times vary daily and by  
semester.*

John Jay Hall, 3rd Floor  
519 W. 114th St., Mail Code 3601  
New York, NY 10027

## Directions

Enter main campus gate on 116<sup>th</sup> and Broadway. Walk straight through the quad and then turn right, walk down the stairs & hedged pathway towards Butler Library. John Jay Hall is the building directly to the left of Butler library.



## General Information

In addition to HIV testing, GHAP services include consultations about PEP (Post-Exposure Prophylaxis) and PrEP (Pre-Exposure Prophylaxis) for HIV and coordination of hormone replacement therapy for gender affirmation. WHAP (Women's Health Advocacy Project) Advocates are GHAP Advocates who undergo additional training in order to provide more comprehensive sexual health peer counseling and birth control education.

## Services Offered

HIV Testing, Prevention and Treatment  
LGBTQ Support and Sexual Health Peer Counseling  
Pre-Exposure Prophylaxis (PrEP)  
Post-Exposure Prophylaxis (PEP)  
WHAP / Women's Sexual Health and Birth Control Peer Counseling  
Hormone Therapy

# Columbia Health Medical Services

John Jay Hall 3<sup>rd</sup> & 4<sup>th</sup> Floors  
519 West 114<sup>th</sup> Street  
[health.columbia.edu/medical](http://health.columbia.edu/medical)  
[health.columbia.edu/insurance](http://health.columbia.edu/insurance)

## Points of Contact

1. Medical Services  
212-854-7426
2. Student Health Insurance  
[studentinsurance@columbia.edu](mailto:studentinsurance@columbia.edu)  
212-854-3286

## Directions

Enter main campus gate on 116<sup>th</sup> and Broadway. Walk straight through the quad and then turn right, walk down the stairs & hedged pathway towards Butler Library. John Jay Hall is the building directly to the left of Butler library.



## Medical Services Office Hours

Mon.-Thurs. 8:00am-7:00pm  
Friday 8:00am-5:00pm  
Saturday 10:00am-4:00pm  
Sunday Closed  
Check the website for real time updated hours  
([health.columbia.edu](http://health.columbia.edu))

## General Information

Columbia Health Medical Services provides routine and urgent medical care, travel medicine, immunizations, as well as sexual health services, reproductive and gynecological services, LGBTQ health care, and confidential HIV testing.

Students are encouraged to communicate and make appointments online with their health care provider ([secure.health.columbia.edu](http://secure.health.columbia.edu)).

Medical Services support is available 24/7 by calling (212) 854-7426.

# Columbia Health Sexual Violence Response (SVR)



Alfred Lerner Hall, Suite 700  
2920 Broadway  
New York, NY 10027  
[health.columbia.edu/SVR](http://health.columbia.edu/SVR)

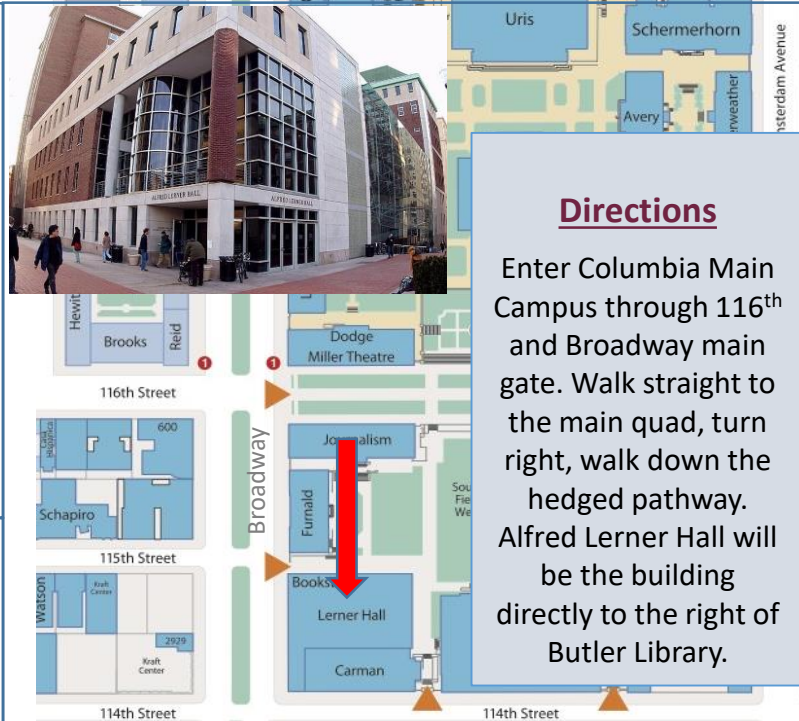
## Points of Contact

1. HELP line : (212) 854-HELP/4357  
\*The HELP line provides 24/7 support for all callers

2. Off-campus resources:  
24-hour Hotline: (800) 656-HOPE (4673)

## Main Office Hours

*Academic Semester:*  
Monday – Friday 9:00 am to 6:00 pm



## General Information

Sexual Violence Response (SVR) provides trauma-informed, confidential support through crisis counseling/intervention, advocacy, prevention, and outreach focused on interpersonal violence and harassment. Our mission is to eradicate all forms of gender-based violence. Through collective community action, SVR is committed to social change and creating a culture of accountability.

## Services Offered

SVR & Rape Crisis/Anti-Violence Support Center  
Sexual Violence Response Volunteer Programs  
Prevention Education and Workshops

## **Sexual Violence Response CUIMC**



206 Bard Hall  
60 Haven Ave.

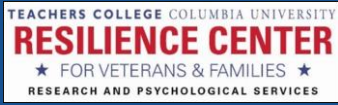
## **Sexual Violence Response Barnard**



105 Hewitt Hall  
3009 Broadway



## Resilience Center



6<sup>th</sup> Floor, Thorndike Hall, 525W 120<sup>th</sup> Street  
Teachers College, Columbia University,  
New York, NY 10027



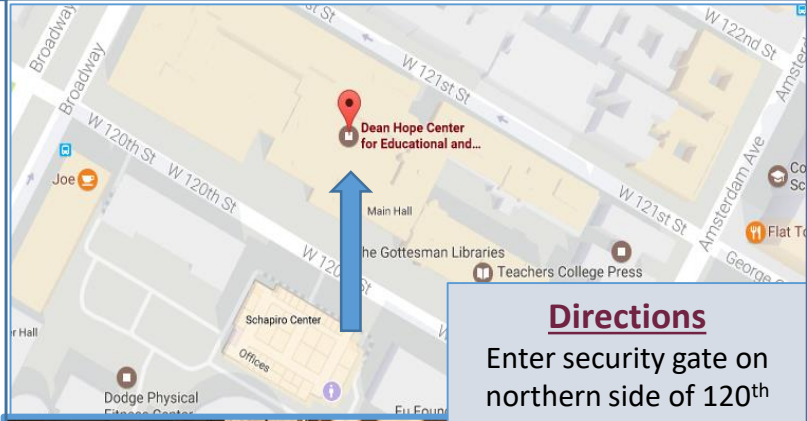
[www.tc.columbia.edu/resiliencecenter/clinical-services/](http://www.tc.columbia.edu/resiliencecenter/clinical-services/)

### Points of Contact

Associate Director

(212) 678-3262

[yhc2108@tc.columbia.edu](mailto:yhc2108@tc.columbia.edu)



### Directions

Enter security gate on northern side of 120<sup>th</sup> Street between Broadway and Amsterdam. Inform guard you are heading to Dean Hope Center.

Go straight thru to Thorndike Hall and take elevator to 6<sup>th</sup> floor.



### Office Hours

*Academic Semester:*

Mon.-Thurs. 9:00 am-9:00 pm

Fri. 9:00 am-5:00 pm *\*Reduced*

Sat. – Sun. Closed *summer hours*

### General Information

The Dean Hope Center at Teachers College, Columbia U, works with the Resilience Center for Veterans & Families to provide free educational and psychological services for Veterans and their families. The Dean Hope Center is a community-based center with a strong history of providing educational and psychological services to individuals in the local Morningside Heights and Harlem community within a framework of respecting the person's worldview. Services are provided by advanced masters and PhD students under the supervision of NY state licensed providers.

### Services Offered

Short or Long-term Psychotherapy (Child, Spouse/Partner, Veteran)

Family Counseling

Couples Counseling

Psychological and Educational Assessment (Adult, Child)

Vocational/Career Counseling (Veteran, Spouse/Partner)

Military Spouse/Partner Support Group

Parenting Support Group

Reading and Writing Remediation Services

# James J. Peters VA Medical Center

## Bronx Campus

130 West Kingsbridge Road  
Bronx, NY 10468  
[www.bronx.va.gov](http://www.bronx.va.gov)

**Telephone:** 718-584-9000

**Administrative hours:**

Monday – Friday  
8:00am - 4:30pm



### **Directions By Subway**

**The 4 Train:** Stops at the Kingsbridge Station (at Jerome Ave); 5 blocks east from the medical center.

**The 1 Train:** Stops at the Marble Hill Station (Broadway & 225th St); 5 blocks west from the center.

**The B Train and the D Train:** stop at the Kingsbridge Station (at Grand Concourse); 6 blocks east.

### General Information

The James J. Peters VAMC provides a broad range of inpatient and outpatient health care services and also has four Community Based Outpatient Clinics (CBOC's) serving Bronx, Northern Queens and Westchester counties. We also serve VA Hudson Valley Health Care System patients with acute care needs and referrals to subspecialty clinics.

### Services Offered

Primary Care Services  
Veterans Services  
Mental Health Care  
Medical referrals for service

# Manhattan Campus of the VA NY Harbor Healthcare System

423 East 23rd Street  
New York, NY 10010

<https://www.nyharbor.va.gov/>

**Telephone:** 212-686-7500

**Administrative hours:**

Monday – Friday  
8:00am - 4:30pm



## **Directions By Subway**

**The IRT N and R Train:** Stops at 23rd Street and Broadway.

**The 1 and 9 Train:** Stops at 23rd Street and 7th Avenue;

**The L Train:** Stop at 14<sup>th</sup> Street (Exit @ 18<sup>th</sup> Street Exit); walk 5 Blocks to Hospital.

**For Driving Directions:** <https://www.nyharbor.va.gov/locations/directions.asp>

## **General Information**

The Manhattan Campus of the VA NY Harbor Healthcare Systems has bed services in acute medicine, surgery, acute psychiatry, neurology, and rehabilitation medicine. Furthermore, the hospital known for being at the forefront of HIV/AIDS research and care. Lastly, the hospital is closely affiliated with the NYU Department of Medicine.

## **Services Offered**

Tertiary Care

Psychiatry Care

Surgery (Primarily Cardiovascular Surgeries)

# VA New York Harbor Healthcare System

## Brooklyn Campus

800 Poly Place  
Brooklyn, NY 11209

<https://www.nyharbor.va.gov/>

**Telephone:** 718-836-6600

**Administrative hours:**

Monday – Friday  
8:00am - 4:30pm



### **Directions By Subway**

**From Manhattan or Coney Island:** The "N" train to 8th Avenue, then take the #70 bus to the Medical Center.

**For Driving Directions:** [https://www.nyharbor.va.gov/locations/Brooklyn\\_Campus.asp](https://www.nyharbor.va.gov/locations/Brooklyn_Campus.asp)

### **General Information**

The Brooklyn Campus of the VA NY Harbor Healthcare Systems has specialized programs in comprehensive cancer care and non-invasive cardiology. Additionally, the hospital has a Community Based Outpatient Clinic (CBOC). Lastly, the hospital is closely affiliated with the State University of New York-Downstate.

### **Services Offered**

Tertiary Care  
Psychiatry Care  
Surgery  
Residential Substance Abuse



# VA Harlem Community Clinic

55 W 125<sup>th</sup> ST 11<sup>th</sup> Floor

New York, NY

[https://www.nyharbor.va.gov/locations/harlem\\_community\\_clinic.asp](https://www.nyharbor.va.gov/locations/harlem_community_clinic.asp)

**Telephone:** 646-273-8125

**Administrative hours:**

Monday – Friday  
8:00am - 4:30pm



## **Directions**

**From Manhattan or Coney Island:** The “2/3” train to 125th St

**For Driving Directions:** [https:// www.nyharbor.va.gov/locations/harlem\\_community\\_clinic.asp](https://www.nyharbor.va.gov/locations/harlem_community_clinic.asp)

## **General Information**

Conveniently reached by public transportation, the Harlem Community Resource & Referral Center (CRRC) is a neighborhood hub for services related to homelessness, substance abuse and mental health issues. The CRRC also offers on-site medical primary care and referrals to other VA specialty services as necessary.

Harlem has an extensive network of community partners who can help with legal advice, vocational counseling, family care, spiritual care and information on benefits. VA Shuttle buses are available for patient transportation to VA’s NY campus for referrals to other VA specialty services.

# VA New Jersey Health Care System

## East Orange Campus

385 Tremont Avenue  
East Orange, NJ 07018

<https://www.newjersey.va.gov/>

**Telephone:** 973-676-1000

**Administrative hours:**

Monday – Friday  
8:00am - 4:30pm



### **Directions By Public Transportation:**

**Bus:** No. 44 Bus to the East Orange Campus.

**For Driving Directions:** <https://www.newjersey.va.gov/locations/directions.asp>

### General Information

The East Orange Campus of the VA NJ Health Care Systems emphasizes primary care. However, it was selected as one of three research centers that are looking at ways to care for active duty patients and Veterans with war-related illnesses.

### Services Offered

General Medicine  
Psychiatry  
Surgical

# VA New Jersey Health Care System

## Lyons Campus

151 Knollcroft Road  
Lyons, NJ 07939

<https://www.newjersey.va.gov/>

**Telephone:** 908-647-0180

**Administrative hours:**

Monday – Friday  
8:00am - 4:30pm



### **Directions By Public Transportation:**

**No direct Public Transportation available, other than Taxi.**

**For Driving Directions:** [https://www.newjersey.va.gov/locations/lyons\\_campus.asp](https://www.newjersey.va.gov/locations/lyons_campus.asp)

### **General Information**

The Lyons Campus of the VA NJ Health Care Systems emphasizes primary care. However, access to a wide variety of specialists is available.

### **Services Offered**

General Medicine  
Psychiatry  
Surgical

# Vet Centers

## General Information

Vet Centers provide a broad range of counseling, outreach, and referral services to combat Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and are strictly confidential.

## Eligibility Information

Any Veterans and active duty Service members, to include members of the National Guard and Reserve components, who:

- Have served on active military duty in any combat theater or area of hostility\*
- Experienced a military sexual trauma;
- Provided direct emergent medical care or mortuary services, while serving on active military duty, to the casualties of war, or;
- Served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility.
- Vietnam Era veterans who have accessed care at a Vet Center prior to January 1, 2004

Vet Center services are also provided to family members of Veterans and Service members for military related issues when it is found aid in the readjustment of those that have served. This includes bereavement counseling for families who experience an active duty death.

## Services Offered

- Individual and group counseling for Veterans, Service members, and their families
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment and referral
- Employment assessment & referral
- VBA benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.

## Local Vet Center Locations

<https://www.vetcenter.va.gov/>

### **Harlem Vet Center**

2279 3<sup>rd</sup> Ave, 2<sup>nd</sup> Floor  
New York, NY 10035  
**Telephone:** 718-526-1000

### **Manhattan Vet Center**

32 Broadway  
2nd Floor, Suite 200  
New York, NY 10004  
**Telephone:** 212 951 6866

### **Bronx Vet Center**

2471 Morris Avenue  
Suite 1A  
Bronx, NY 10468  
**Telephone:** 718 367 3500

### **White Plains Vet Center**

300 Hamilton Avenue  
1st Floor, Suite C  
White Plains, NY 10601  
**Telephone:** 914 682 6250

### **Brooklyn Vet Center**

25 Chapel Street  
Suite 604  
Brooklyn, NY 11201  
**Telephone:** 718 630 2830

### **Queens Vet Center**

75-10B 91 Avenue  
Woodhaven, NY 11421  
**Telephone:** 718 296 2871

### **Secaucus Vet Center**

110A Meadowlands Parkway  
Suite 102  
Secaucus, NJ 07094  
**Telephone:** 201 223 7787

### **Bloomfield Vet Center**

2 Broad Street  
Suite 703  
Bloomfield, NJ 07003  
**Telephone:** 973 748 0980

## VITAL Initiative (Dept. of VA)



6<sup>th</sup> Floor, Thorndike Hall, 525W 120<sup>th</sup> Street  
Dean Hope Center, Teachers College, Columbia University  
New York, NY 10027  
[www.nyharbor.va.gov/services/vital.asp](http://www.nyharbor.va.gov/services/vital.asp)

### Points of Contact

Coordinator, VITAL Initiative

646-772-6087

[Yvette.Branson@va.gov](mailto:Yvette.Branson@va.gov)

### Veterans Crisis Line

1-800-273-8255, then Press 1

\*on-call, 24/7

### Dr. Branson can be reached via phone:

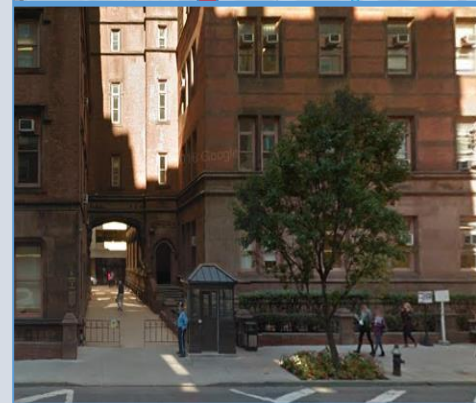
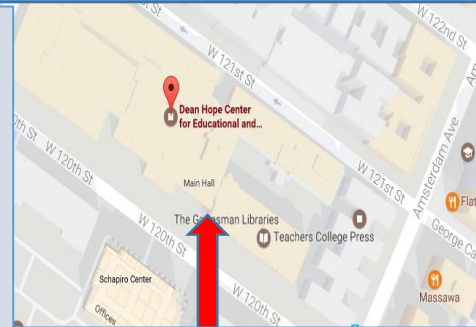
Monday - Friday

9:00 am - 4:00 pm

\*In-person appointments may be scheduled

### Directions

Enter Teachers College on 120<sup>th</sup> between Broadway and Amsterdam. Turn left at the first security gate, and walk straight to find Thorndike Hall. Take the elevator to the 6<sup>th</sup> floor, Dean Hope Center. Ask the receptionist to see Dr. Branson with the VITAL Initiative.



### General Information

Veterans Integration To Academic Leadership is the VA's approach to reaching out to veteran students, to help facilitate the transition from service member to student. The VITAL Initiative is a partnership between VA New York Harbor Healthcare System and universities. "We're here to help you navigate your needs and concerns and maximize your unique set of strengths, skills and life experiences as you develop and translate your interests and talents into the academic setting."

### Services Offered

- Provide connections to the VA medical center, to provide ongoing treatment for readjustment, stress, anger, depression, anxiety and sleep problems.
- Assist with enrollment and care at VA New York Harbor Healthcare System.
- Assist with filing claims, legal services, housing accommodations, and wellness.
- Free tutoring through Veterans Benefits Administration (VBA) and Peer Mentoring.
- VA Work Study opportunities.
- Refer and work with the university to request academic accommodations.
- Provide resources for classroom difficulties -- attention, concentration, restlessness.
- Benefits Administration (VBA) and Vocational Rehabilitation Services.

# General Studies Health and Wellness

<https://gs.columbia.edu/health-and-wellness>

## **Points of Contact**

Academic Advisor

Students with questions about health and wellness resources are encouraged to contact [gshealthandwellness@columbia.edu](mailto:gshealthandwellness@columbia.edu)

## **Food Insecurity Resources**

**GS Health and Wellness:** GS students may email [gshealthandwellness@columbia.edu](mailto:gshealthandwellness@columbia.edu) for information and fast access to food any time of year.

**Emergency Meal Fund (EMF):** During fall and spring semesters, Columbia University's Dining Office offers vouchers to the dining halls on campus. For more information, email [gshealthandwellness@columbia.edu](mailto:gshealthandwellness@columbia.edu).

## **Student-Run Initiatives**

**The Food Bank @ Columbia:** The Food Bank is a full-service food pantry in [Lerner Hall](#) open to all Columbia students. Email [thefoodbank@columbia.edu](mailto:thefoodbank@columbia.edu) or visit [The Food Bank @ Columbia](#) Facebook page for more information.

**CU Meal Share on Facebook** (requires Facebook login): Students with excess meals on their plan are able to swipe another student into campus dining halls. [CU Meal Share](#) helps students connect and plan a swipe. Students may also post about free food opportunities on campus.

**NYC Assistance:** Visit <http://nyccah.org/guides> to learn more about the resources available through Hunger Free-NYC.

# Responding to Students in Distress, and Showing Signs of Depression

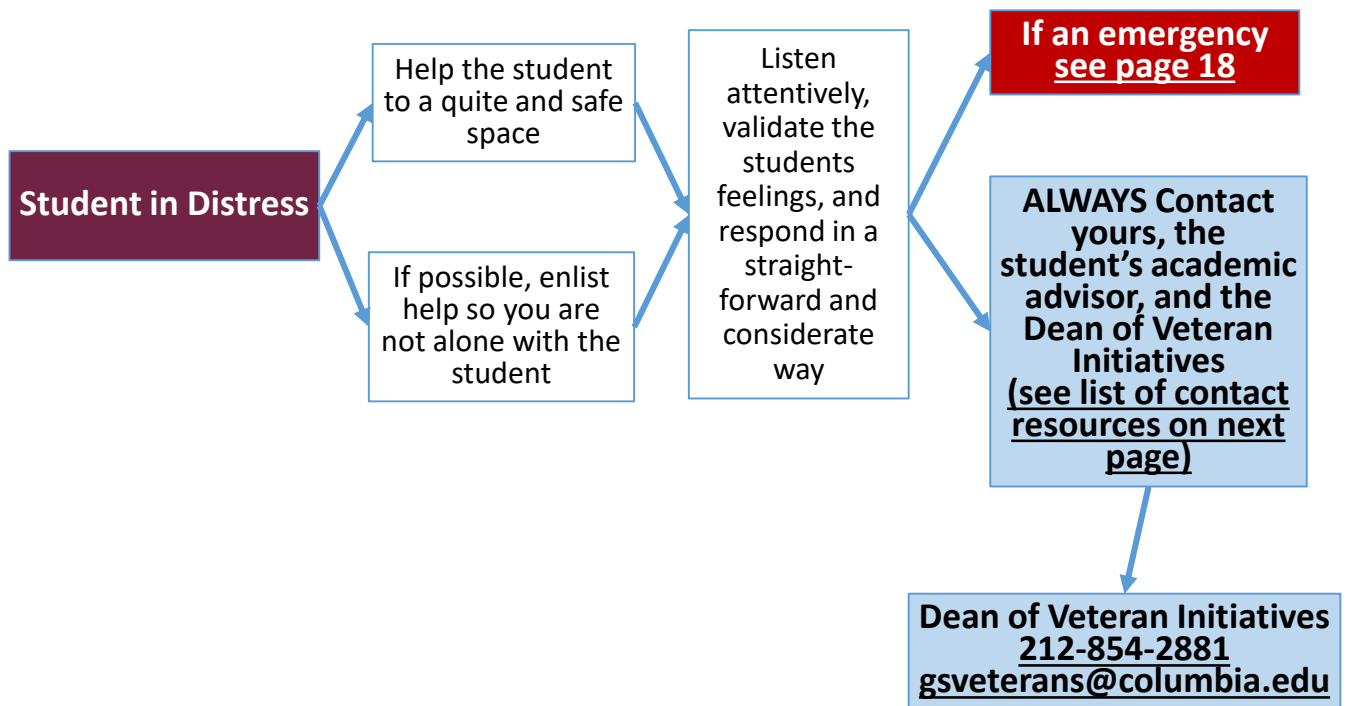
## Student Response:

Students are sometimes the first point of contact for other students in distress or showing signs of depression. This may happen because the student reaches out to another student for help, or a student witnesses certain behavior of another student. Such behavior may include:

- Suicidal gestures, intentions, or attempts
- Other behavior posing a threat to the student (e.g., alcohol, drug abuse)
- Threats or aggression directed toward others
- Demonstrated inability to care for oneself
- Odd or erratic behavior, uncharacteristic of the student in distress
- Signs of depression can be found [here](#)

**\*\*Remember, it is not your job to solve the problem; if possible, try your best to help connect the student to the proper resource**

## What You Can Do





# Responding to Veteran Student Emergencies

## Emergency Situation Occurs:

**On-Campus:**  
**Columbia University Public Safety**  
**(212) 854-5555**

**Off-Campus:**  
**911**

### On-Campus Emergency Resources

Urgent after-hours medical and mental health concerns (212) 854-9797

Columbia University Emergency Medical Service (CU-EMS) (212) 854-5555

Rape Crisis/Anti-Violence Support Center (212) 854-HELP

Public Safety (212) 854-5555 x99 (4-5555 from a campus phone)

### Off-Campus Emergency Resources

St. Luke's-Roosevelt Emergency Room (212) 523-4000

St. Luke's-Roosevelt Psychiatric Emergency Room (212) 523-5849

### Immediately following the event:

1. Contact the Senior Assistant Dean of Veteran Initiatives, and (if known) the Dean of Students within the student's specific school of study
  - Senior Assistant Dean of Veteran Initiatives  
phone: 212.854.2881 and leave a voicemail if unanswered  
email: [gsveterans@columbia.edu](mailto:gsveterans@columbia.edu)
2. Notify Columbia Health as appropriate. For medical, call 212-854-7426. For psychological, call 212-854-2878.
3. A scenario involving sexual or gender-based violence, can be reported on the following website <http://studentconduct.Columbia.edu/> An Administrator or Faculty member must report any event communicated to them. This report will be reviewed by the Office of Student Conduct & Community Standards, and will be handled accordingly. Any report is confidential.

# External Veteran Health Resources

There are many resources in support of veterans and families within the greater New York City area. Additional information can be found below, along with a description of services.

## ***Army OneSource***

Provides training and knowledge to spouses and family members. [www.myarmylifetoo.com](http://www.myarmylifetoo.com)

## ***Blue Star Families***

BSF supports, connects, and empowers military families by connecting them to support and service organizations that strive to make military life more sustainable.

[bluestarfam.org/](http://bluestarfam.org/)

## ***Defense Centers of Excellence (DCoE)***

DCoE can assist service members, their families, and clinicians in finding the answers to questions about psychological health and traumatic brain injury.

[www.dcoe.health.mil](http://www.dcoe.health.mil)

## ***Department of Veterans Affairs and Vet Centers***

Provides a range of health-care benefits and services to veterans. [www.va.gov](http://www.va.gov) / /

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

## ***Give An Hour***

A nonprofit organization providing free mental health services to US military personnel and families affected by the conflicts in Iraq and Afghanistan. [www.giveanhour.org/](http://www.giveanhour.org/)

## ***Headstrong***

Committed to veteran mental health care we have treated over 250 veterans, helping them regain their mental fitness.

[www.getheadstrong.org](http://www.getheadstrong.org)

## ***Hope for the Warriors***

Supports wounded U.S. service members, their families, and families of the fallen.

[www.hopeforthewarriors.org](http://www.hopeforthewarriors.org)

## ***Joining Forces***

National initiative founded by First Lady Michelle Obama and Dr. Jill Biden, engages all sectors of society to provide service members and their families opportunities and support.

[www.whitehouse.gov/joiningforces](http://www.whitehouse.gov/joiningforces)

## ***Military Child Education Coalition***

MCEC identifies the challenges facing military children, and initiates and implements programs in military and educational communities to meet those challenges.

[www.militarychild.org/](http://www.militarychild.org/)

## ***Military OneSource***

An online resource for the military community regarding mental health issues.

[www.militaryonesource.com](http://www.militaryonesource.com)

## ***National Coalition for Homeless Veterans (NCHV)***

An assistance center that provides housing, health services, jobs and more to hundreds of thousands of homeless veterans each year.

[www.nchv.org](http://www.nchv.org)

# External Veteran Health Resources

## **National Council for Behavioral Health**

[www.thenationalcouncil.org](http://www.thenationalcouncil.org)

## **Mental Health First Aid**

Family members and personnel working with military and families are often not aware of how to engage veterans with mental illnesses and addictions. Individuals trained in Mental Health First Aid can help to break down the stigma associated with mental illness.

[www.mentalhealthfirstaid.org/cs/veterans-military/](http://www.mentalhealthfirstaid.org/cs/veterans-military/)

Email: [info@mentalhealthfirstaid.org](mailto:info@mentalhealthfirstaid.org)

Phone: 202.684.7457

## **Veterans Behavioral Health Certificate**

<http://vets.cequick.com/default.aspx>

Customer Support:

<http://vets.cequick.com/contact.aspx>

Customer Support Phone: 1-800-381-2321

## **National Military Family Association**

Provides resources and support for families of military service members. [www.militaryfamily.org](http://www.militaryfamily.org)

## **Operation Homefront**

Provides emergency financial and other assistance to the families of service members and wounded warriors.

[www.operationhomefront.net/](http://www.operationhomefront.net/)

## **Points of Light**

[www.pointsoflight.org](http://www.pointsoflight.org)

### **Points of Light: Military Initiatives**

POL's military initiatives create and implement programs that engage and support service members, veterans, and their families.

[www.pointsoflight.org/veterans](http://www.pointsoflight.org/veterans)

### **Points of Light: Community Blueprint**

The Community Blueprint is a set of tools and practices that provide a framework for communities to produce positive, measurable outcomes for veterans, military members, and their families.

[www.pointsoflight.org/communityblueprint](http://www.pointsoflight.org/communityblueprint)

## **Real Warriors**

Connects service members, veterans, and families to resources, organizations and information to facilitate recover and support reintegration.

[www.realwarriors.net](http://www.realwarriors.net)

## **The Soldier's Project**

Free, confidential psychological counseling for military service members and families.

[www.thesoldierproject.org](http://www.thesoldierproject.org)

## **Student Veterans Association**

A nonprofit that connects student veterans across the country. [www.studentveterans.org](http://www.studentveterans.org)

## **Tragedy Assistance Program for Survivors (TAPS)**

A 24/7 tragedy assistance resource for anyone who has lost a military loved one.

[www.taps.org](http://www.taps.org)

## **U.S. Dept. of Defense Sexual Assault & Prevention**

Develops and implements innovation prevention and response programs.

[www.sapr.mil](http://www.sapr.mil)

## **Vets 4 Vets**

Uses peer support to help Iraq and Afghanistan-era veterans heal from psychological injuries.

[www.vets4vets.us](http://www.vets4vets.us)

## **VetNet**

Transitioning from military to civilian life presents unique challenges. To make things easier and provide structure, a few of the leading organizations in veteran career development have combined forces to create one, easy place to start. [www.vetnethq.com](http://www.vetnethq.com)

## **Wounded Warriors**

To honor and empower wounded warriors.

[www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)

# External Veteran Health Resources

## IMPORTANT PHONE NUMBERS

**NATIONAL SUICIDE PREVENTION HOTLINE:**

1-800-273-TALK (8255), press “1”

**DCoE OUTREACH CENTER:** 1-866-966-1020

**NATIONAL VETERAN HOTLINE:** 1-888-777-4443

**NATIONAL CALL CENTER FOR HOMELESS VETERANS:** 1-877-4AID-VET (1-877-424-3838)

**VA CAREGIVER SUPPORT LINE:** 1-855-260-3274

**DEPLOYMENT HEALTH CLINICAL CENTER**

**HELP LINE:** 1-866-559-1627

**VETS 4 WARRIORS PEER SUPPORT LINE:**

1-855-838-8255

**WOUNDED SOLDIER AND FAMILY HOTLINE:**

1-800-984-8523

**WOUNDED WARRIOR RESOURCE CENTER:**

1-888-997-2586

**DOD SEXUAL ASSAULT RESPONSE OFFICE**

**Safe Helpline:** 1-877-995-5247

**DEPLOYMENT HEALTH CLINICAL CENTER**

**HELP LINE:** 1-866-559-1627