

CUNY School of Medicine/

Sophie Davis Biomedical

Education Program

PA Program

Counseling Office Staff:

Janice Bennett, Ph.D.

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Seymour Pardo, Ph.D.

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**To schedule an appointment or
for further information,
call 650-8522.**

**Please leave your name, phone
number, and some convenient
times that you can be reached.**

OR email at:

meyerjr@med.cuny.edu

counseling@med.cuny.edu

Confidentiality Assured

**CUNY School of
Medicine**

**Sophie Davis Biomedical
Education Program**

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Counseling Office

(212) 650-8522

meyerjr@med.cuny.edu

The CUNY School of Medicine (CSOM) is an exciting and challenging academic journey. It also marks a time of tremendous personal growth.

It is not uncommon for students, during the course of their studies, to experience stress and anxiety. Often, students find it useful to take advantage of the CSOM Counseling Office to help alleviate their concerns.

The Counseling Office provides free services for all students. The office is staffed by psychologists and a psychiatrist, who are available to address a variety of questions and concerns that often arise. These may include:

- ◆ Stress management
- ◆ Feelings of anxiety and depression
- ◆ Time management
- ◆ Questions about relationships and developing a social life
- ◆ Learning to balance academics with other life demands
- ◆ Questions about career paths
- ◆ Negotiating family responsibilities
- ◆ Helping families understand what student life is about
- ◆ Concerns about sexuality
- ◆ Alcohol and substance abuse

The Counseling Office provides students with a place to speak privately about any of these concerns or others. We meet in offices in the NAC Building and in off campus offices.

The Counseling Office provides evaluations and counseling, crisis intervention, psychopharmacology, and workshops.

The Counseling Office maintains a strict standard of confidentiality. There is no charge for services.