

This page offers information to faculty and staff related to mental health and wellness. Resources include, but are not limited to: counseling, life coaching, psychiatry, medical appointments, topic specific resources, public safety, quick mental health tips and campus wellness initiatives.

FACULTY AND STAFF RESOURCES

Carebridge

Employee Assistance Program

800-437-0911

<https://www.carebridge.com/>

Independence Blue Cross

PCOM Health Insurance

Mental Health Services

1-800-688-1911

Independence Blue Cross

MDLIVE

https://members.mdlive.com/ibx/landing_home

Health Advocate

866-695-8622

Suicide & Crisis Situations

We recognize that it can often be difficult to manage the multiple priorities and stressors you are facing as pillars within your own family and the heart and soul of our PCOM community. The Department of Human Resources is always available to provide support and resources.

The [National Suicide Prevention Lifeline](#) is available 24/7, and is toll-free and confidential: dial 988.

Text HELLO to 741-741 to connect with a volunteer at the [Crisis Text Line](#).

Text STEVE to 741-741 for BIPOC.

[The Trevor Project](#) is confidential and free. If you are thinking about harming yourself, get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. Call 1-866-488-7386.

Communicate with counselors at the [National Physician Support Line](#) by calling 1-888-409-0141.

IF YOUR EMERGENCY IS LIFE THREATENING, CALL 911 OR GO TO DIRECTLY TO THE NEAREST EMERGENCY ROOM.

Public Safety

All Philadelphia College of Osteopathic Medicine public safety personnel maintain order on our campuses by educating the campus community on security concerns and by enforcing College procedures.

PCOM Public Safety
Rowland Hall, Suite 232
Phone: 215-871-6351

Terri Allen, Director
Department of Public Safety
Rowland Hall, Suite 232
Office: 215-871-6355

PCOM Georgia Public Safety
Old Peachtree Building, Suite 1106
Phone: 678-225-7451

Paula Dampier, Director
Department of Public Safety - Georgia campuses
Office: 678-225-7458

PCOM South Georgia Public Safety
2050 Tallokas Road, Room 141
Phone: 229-668-3290

Heidi Browning, Assistant Director
Office: 229-668-3292

Visit the [Department of Public Safety](#) for more information.

Behavioral Intervention Team

The PCOM Behavioral Intervention Team (BIT) is a cross-functioning, multidisciplinary group that provides proactive and reactive assistance to students exhibiting concerning behaviors. Please email BIT@pcom.edu for more information or with any questions.

Wellness Initiatives & Speciality Rooms

The Office of Student Affairs offers a variety of interactive workshops and support sessions throughout the year. Check out PCOM Library's [Health & Wellness e-Book collection](#) for self-care titles and workbooks.

The meditation rooms on each campus are designated for meditation, prayer, relaxation and reflection. They are open to all students, faculty and staff of all ages, genders, abilities, faiths and beliefs.

At the food pantries, students may pick up a few non-perishable grocery items at-will. Bring your own bag, no sign ups needed. Donations are also accepted.

Private lactation rooms are available as secure spaces to express and store breast milk. Contact the HR Department on your campus to obtain a key for access.

Gender neutral restrooms are available to ensure a welcoming environment for all.

Visit [MyPCOM](#) for locations on each campus.

Contact PCOM Human Resources by email at human_resources@pcom.edu or by phone at 215-871-6500. For contact details on counselors and further information on group support sessions, workshops and trainings, visit [MyPCOM](#).

Stay in touch on Instagram:

[Office of Student Affairs](#) (PCOM Philadelphia)

[Office of Student Affairs](#) (PCOM Georgia)

[Office of Student Affairs](#) (PCOM South Georgia)