



COUNSELING SERVICES

FREE counseling services for Residents/Fellows employed by
Capital Area Health Consortium.

There is **NO** cost to you. There is no need to use your insurance, or
tell your Program Director or Coordinator.

You may contact UConn's Employee Assistance Program at (860) 679-2877

*** Allyson Powell, LCSW * David Francis, LPC, LADC * Kelly Huffman, LPC**

Or contact any of these participating providers:



Teo-Carlo Straun, MD

Telehealth
(860) 756-0455
*Hours: M-F 10a-6p

[Website](#)



Maria Da Costa, MD

Telehealth
(860) 232-9209
*Hours: Morning and
Evening Appts.

[Website](#)



Amit Rathi, MD

Telehealth or In-Person
(860) 707-3502
*Hours: M-F 9a-5p
345 N. Main St., Unit 311
West Hartford

[Website](#)



Anita Lowe-Choa-Lee, APRN

Telehealth
(860) 803-7647
*Hours: M-F after 5p



Angela Roberts, APRN

Telehealth
(959) 207-1951
*Hours: M, W, F 5-8p

[Website](#)



Debra Bailey, PhD

Telehealth
(860) 561-0746
*Hours: M 7a-3p, T 7a-4p,
W 7:30a-1p, TH 7:30a-2p,
F 7a-12p, S 8:15-10:30a

[Website](#)



Vamsi Koneru, PhD

Telehealth
(305) 321-5384
*Hours: M 8a-3p, T 8a-9:30p,
W 8a-2p, Th 8a-9:30p,
F 8a-3p, Sun 8a-5p

[Website](#)



Judith Rosenberg, PhD

Telehealth or In-Person
(860) 667-3043
*Hours: M-F 8a-6p
20 Hurlburt Street, Ste. 100
West Hartford



Mark Meola, LCSW

Telehealth
(203) 305-8500
*Hours: T, W 5-8p, S 9a-3p

THERE IS NO COST FOR THIS SERVICE

- Please bring your badge or a current pay stub to each appointment to verify employment.
- You may also access urgent or emergency care 24/7 through the emergency department at local hospitals.
- You may also see a provider of your choice using your health insurance. There is no charge for in-network providers.
- Please contact CAHC at (860) 676-1110 or cahcgroup@uchc.edu with any questions or problems.



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O N L I N E

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We Are Here to Help



EAP benefits are available to all employees and their families at NO COST to you. The EAP offers confidential advice, support, and practical solutions to help you through your grief and loss. You can access these confidential services by calling the toll-free number below and speaking with our care team or accessing online.

Short-Term Counseling

For a deeper level of support, members can request short-term counseling by calling Uprise Health. Our nationwide provider network of more than 60,000 counselors can be filtered by criteria including geography, clinical specialty, cultural background, and other preferences, to ensure a perfect fit for you. After speaking with our care team, you will be provided with a list of providers. You can schedule an appointment yourself or ask the care team for assistance scheduling.

24-hour Crisis Support

During business hours, members who are in crisis are connected with an Uprise Health clinician who will stabilize your situation and refer you to appropriate support. After-hours calls are answered by behavioral health professionals located within the U.S. If you are in life threatening situation, please call 9-1-1 as you would do for any other medical/life emergency.

Online Peer Support Groups

As part of your EAP program, you can request up to 10 online peer support groups where you will have a safe and confidential place to speak with others who have similar issues. Please call Uprise Health and speak with our care team to learn more about the Grief and Loss support group.



Phone: 800-386-7055

Website: worklife.uprisehealth.com

Access Code: worklife