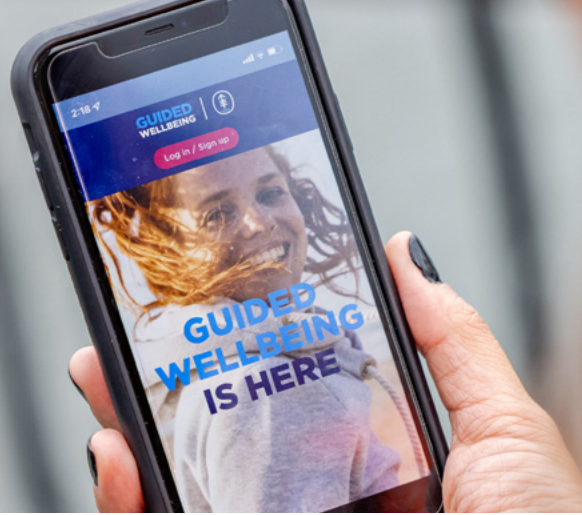


# Be proactive about your well-being.

## Find help & resources here.



### MENTAL HEALTH RESOURCES

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**Magellan – Counseling Services**  
800-327-8793 / [www.magellanascend.com](http://www.magellanascend.com)  
New users: Provide 'MSK' as the company name

**Magellan Counselor for Trainees**  
**Penni Morganstein, PsyD**  
[morgansteinp@magellanhealth.com](mailto:morgansteinp@magellanhealth.com)  
Make appointments at:  
<https://outlook.office365.com/owa/calendar/MemorialSloanKettering@mgl.n.onmicrosoft.com/bookings/>

**National Suicide Prevention Line (non-MSK)**  
1-800-273-8255; Available: 24/7

**Chanchal Sharma, Psy.D; MS.Ed**  
**EHWS onsite counselor**  
646-888-4128 / [sharma1@mskcc.org](mailto:sharma1@mskcc.org)  
Available: M – F, 9 AM – 5 PM

**Health Insurance Providers**  
Aetna: [www.aetna.com](http://www.aetna.com)  
Empire: [www.empireblue.com](http://www.empireblue.com)  
UHC: [mskcc.welcometouhc.com](http://mskcc.welcometouhc.com)

**Health advocate** – a tool to help you with health insurance related matters (identifying in-network doctors, help with making appointments, etc)  
<https://mskbenefits.mskcc.org/keyword/health-advocate/#>

### MSK WELLNESS INITIATIVES

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**Employee Wellness Program**  
[mskbenefits.mskcc.org/keyword/guided-wellbeing-overview](http://mskbenefits.mskcc.org/keyword/guided-wellbeing-overview)

**Emotional Wellbeing Resources**  
[mskbenefits.mskcc.org/keyword/be-well](http://mskbenefits.mskcc.org/keyword/be-well)

**Work/Life Initiatives**  
[mskcc.sharepoint.com/sites/pub-OPA/SitePages/Work-Life-Initiatives.aspx](http://mskcc.sharepoint.com/sites/pub-OPA/SitePages/Work-Life-Initiatives.aspx)

**Faith-Based Counseling**  
Protestant, Catholic, Muslim, Jewish  
212-639-5982

**Postdoctoral Association**  
Yoga, sports, community building  
[pda@mskcc.org](mailto:pda@mskcc.org)

### MSK PROFESSIONAL & MENTORING RESOURCES

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**Office of Scientific Education and Training**  
[oset@mskcc.org](mailto:oset@mskcc.org)

**Office of Career and Professional Development**  
[opa@mskcc.org](mailto:opa@mskcc.org)

**GSK Graduate School of Biomedical Sciences**  
[gradstudies@sloankettering.edu](mailto:gradstudies@sloankettering.edu)

**Social Workers at MSK**  
212-639-7020

**HR Business Partners**  
646-227-3456



Memorial Sloan Kettering  
Cancer Center

For more information about these resources, visit  
[education.mskcc.org/OSET/Home/Resource/70](http://education.mskcc.org/OSET/Home/Resource/70)