

UAMS MENTAL HEALTH/WELLNESS RESOURCES

STUDENT WELLNESS

Counseling and Psychiatric Services.

- Website: <https://studentwellness.uams.edu>
- Telephone: 501 686 8408
- Therapists: Angie Moore, LCSW; James Holland, LCSW; Matt Boone, LCSW
- Psychiatrists: Puru Thapa, M.D.; Vicki Flynn, M.D.

For students at the UAMS Northwest Campus, Fayetteville

- Center for Professional Health – UAMS Northwest
- Telephone: 479-713-8313
- Email: fayam@uams.edu
- Therapist: Faith Yam, LAC, Psychiatrist: Keith Berner, M.D.

RESIDENT WELLNESS

Counseling Services – Employee Assistance Program (EAP)

- Website: <https://residentwellness.uams.edu> (EAP information is here)
- Telephone: 501 686 2588. For after hour emergencies, call the 24/7 EAP number **800 542-6021**

Psychiatric Services – Puru Thapa, MD, thapapurushottamb@uams.edu Vicki Flynn, M.D. vflynn@uams.edu

- Website: <https://residentwellness.uams.edu>
- Telephone: 501 686 8408

FACULTY WELLNESS

Counseling Services – Employee Assistance Program (EAP)

- Website: <https://eap.uams.edu>
- Telephone: 501 686 2588; For after hour emergencies, call the 24/7 EAP number **800 542-6021**

Psychiatric Services – Puru Thapa, M.D. thapapurushottamb@uams.edu

- Website: <https://faculty.uams.edu/resources/wellness/facultyservices/>
- Telephone: 501 526 8140 (contact: Cheryl Giblin cagiblin@uams.edu)

EMPLOYEE WELLNESS

Counseling Services – Employee Assistance Program (EAP)

- Website: <https://eap.uams.edu>
- Telephone: 501 686 2588; For after hour emergencies, call the 24/7 EAP number **800 542-6021**

UAMS MINDFULNESS PROGRAM

- Website: <https://mindfulness.uams.edu>

GET HEALTHY UAMS: <https://gethealthy.uams.edu> and

<https://gethealthy.uams.edu/covid-19-wellness-resources/> (for overview of Wellness resources)

If you are having suicidal thoughts, you can also call the 24/7, free **National Suicide Prevention Lifeline at 1-800-273-TALK (8255)** to talk to trained counselors. You can also use the 24/7 free **National Crisis Text Line**. Simply text **TALK to 741741** to communicate with a trained counselor via text.