

RESOURCES

for HMSOM Students

HMSOM Student Medical and Mental Health Services

Including:

- **TimelyCare** – No-cost health and mental health services
- **Student Assistance Program** (see below)
- **Hackensack Meridian Urgent Care** – In-person healthcare at select locations
- **HMH 24/7** – HMH's app for urgent and primary care. Connect to PCPs anytime from anywhere in NJ.



HMSOMCares (Campus Assessment, Response and Education)

[HMSOMCares](#) is an online referral system to ease accessibility and increase responsiveness to situations concerning HMSOM students such as health, mental health, family, personal, mistreatment, harassment, discrimination, Title IX or other non-academic concerns. Students who have academic concerns may be directed to their Advisor. Faculty, team members, parents, students and other stakeholders are strongly encouraged to report behaviors they feel are concerning. While anyone can submit an HMSOMCares referral, services are for HMSOM students only.



Support Services Coordinator

Heather Mills, MSW, provides one-on-one support, including interventions, advocacy, referrals, and follow up services for students who are experiencing significant difficulties related to mental health, physical health, family emergencies, financial issues, and other obstacles that may present barriers to their retention and/or graduation.

[Schedule an appointment.](#)

EMAIL: heather.mills@hmn.org



HMSOM Student Assistance Program

Direct, 24/7 access to Guidance Consultants and referrals to counselors or other resources

- **1-866-448-7562** or
- liveandworkwell.com – Browse with Guest Access Code: HMSOMSAP



Virtual and On-site Counseling

[Schedule an Appointment](#)

Latoya Watson, LCSW

- Virtual Counselor
- latoya_watson@optum.com
- 763-348-1498

Nadine Mass, MSW, LCSW

- In-Person (IHSC Room 2623) or Virtual Counselor
- Nadine_Mass@optum.com
- 763-349-6734



Physician Support Line

The Physician Support Line is a national, free, and confidential service composed of more than 800 volunteer psychiatrists across the nation, providing support to U.S. physician colleagues and medical students.

The line is open 7 days per week, 5 a.m. to 10 p.m. (PT). No appointment is necessary.

Please call at **888-409-0141** or visit the [Physician Support Line website](#).



Complyline

Anonymous concerns may be submitted 24/7 through [Complyline](#) or by calling **877-888-8030**.



National Suicide Prevention

If you are struggling, find yourself in a moment of crisis, or are concerned about a colleague and need guidance on offering help, please contact the **National Suicide Prevention Lifeline at 988**.