Counseling Information

Students are covered by Empire BlueCross/BlueShield Health Insurance when they use one of the medical providers from the Empire Behavioral Health network.

To find a medical provider, call 1-800-810-2583 anytime (24/7), call the phone number listed on the back of your insurance card, or log on to www.empireblue.com. You are welcome to come in and see Dr. Segal for referral information.

There are also three clinics that are within walking distance or a 20-minute shuttle ride away. Fees vary.

Institute for Psychotherapy
Department of Psychiatry & Behavioral Sciences
Montefiore Medical Center
111 East 210th Street
Director: Andrea Weiss, MD
(718) 920-7921

Cognitive Behavior Therapy Program for Anxiety and Depression
Ferkauf Graduate School of Psychology
Yeshiva University
Director: Lata K. McGinn, Ph.D.
(718) 430-2585 (ext. 9157)

Max & Celia Parnes Psychological and Psychoeducational Services Clinic
Ferkauf Graduate School of Psychology
Yeshiva University
Director: Bill Salton, Ph.D.
(718) 430-3852

After Hours Emergency Situations
Physical Harm to Self or Others:
Call Einstein Security at (718) 430-2180
or NYPD 911.
Navigating through medical school is a challenge. It requires both an acquisition of new and a revamping of previous coping skills to meet the demands of the high content courses and the limited time frame with which to study them.

The Office of Academic Support & Counseling (OASC) offers a private and safe environment to discuss academic-related and emotional issues that could be affecting your well-being and your journey through medical school. The OASC also offers students a place to come if you are “just stressed out” and find out how to get a grip.

Dr. Josylyn Segal, a psychologist and an educator, is available for you to discuss the source of your stress, express your concerns and/or vent your frustrations and assist you in obtaining supportive services. By exploring the source of the stress, you may gain some insights on better ways to manage and cope with these feelings.

What We Offer

One to One consultation
- Develop and implement effective study skills.
- Address personal counseling issues and get referral information.

Peer Tutoring Program
- Take the proactive approach and learn the necessary study strategies for course material from upper classmates.

Exam Accommodation
- Receive accommodation for a professionally verified and documented medical or learning disorder.

“Helping Students Help Themselves”
- Sometimes it is easier to speak with another Einstein student about a academic and/or emotional difficulty you are facing. OASC advocates for empathic and proactive student-to-student support networking and activities. OASC can help connect you.

Additional resources regarding Study Methods, Mental Health Emergencies, FAQ about Counseling, USMLE Advisement, and other practical information is available on our webpage. www.einstein.yu.edu/oasc/

The OASC encourages students to make an appointment to meet with Dr. Josylyn Segal to help access needed resources.

Making Appointments
Making Appointments
Call: (718) 430-3154 or (718) 430-2589, Dr. Segal or her assistant, Ms. Loyda Cruz. josylyn.segal@einstein.yu.edu or loyda.cruz@einstein.yu.edu.

Appointments can only be confirmed by phone.

Confidentiality notice
Visits to the Office to Academic Support and Counseling are confidential. They do not become part of a student’s university record. With few exceptions, which we will discuss with you, student records can only be released with written permission by the student. Notations of counseling are not part of a student’s university record.

For Specific Issue Support Links
www.einstein.yu.edu/oasc/

Click on submenu Personal Counseling, then “Helplines and Hotlines.”

Need to Relax?
Hobart and William Smith Colleges has a site that includes Relaxation Training exercises that they are pleased to share with other college students. This may be found at: www.hws.edu/studentlife/resources/counseling/relax.asp

General Info Web Links

American Medical Student Association’s resource of coping mechanisms for the prevention and management of stress-related problems.
www.amsa.org/well/

Excellent general information on mental health may be found at the National Institute of Mental Health web site.
www.nimh.nih.gov

The American Psychiatric Association has a web site specifically geared to college students.
www.healthyminds.org

A comprehensive source of information regarding substance abuse is the National Institute on Drug Abuse.
www.nida.nih.gov

A variety of self-screening tools may be found at:
http://psych.med.nyu.edu/patient-care-1