

## **Tulane virtual support groups**

April 01, 2020 2:15 PM Tulane Department of Psychiatry and Behavioral Sciences  
today@tulane.edu

The Tulane Department of Psychiatry and Behavioral Sciences is offering free 45-minute virtual gatherings through secure Zoom to Tulane University School of Medicine faculty and residents in response to the COVID-19 crisis. These virtual gatherings will have facilitators offering information related to identifying coping and restorative practices when under increased stress and will include guided experiential self-care experiences. You may join anonymously if you wish.

### **Next sessions:**

Thursday, April 2, 2020, 6 - 6:45 p.m.

Friday, April 3, 2020, 7 - 7:45 p.m.

Zoom link: <https://tulanehipaa.zoom.us/j/496241283>

### **To call in:**

- Dial +1-929-436-2866, meeting code # is 496 241 283

OR

- Dial +1-312-626-6799, meeting code 496 241 283

If you have any questions, feel free to contact Ann Morgott at [amorgott@tulane.edu](mailto:amorgott@tulane.edu)

Additional mental health opportunities include:

**Tulane Metairie Behavioral Health Clinic** - traditional individual counseling services through telehealth with licensed clinical therapists. Fee is regular insurance co-pay.

For those who are not comfortable with using Tulane mental health providers and would prefer to see someone outside of Tulane, you can contact **Integrated Behavioral Health** at 504-486-8690 (direct line) or email at [Tulane@ibhnola.com](mailto:Tulane@ibhnola.com). Please be sure to tell the IBHNOLA clinic staff person who answers your call/email that you are Tulane faculty or resident so that they can get you in sooner.

If you wish to seek an alternative means of seeing someone for mental health help, please call the **Department of Psychiatry** direct line at 504-988-5246 and ask for Dr. John Thompson.