

## **ERIE BEHAVIORAL HEALTH RESOURCES**

### **Crisis Services**

2560 West 12<sup>th</sup> Street  
(814) 456-2014

### **Crime Victim Center of Erie County (Rape Crisis)**

125 West 18<sup>th</sup> Street  
(814) 455-9414

### **SafeNET (domestic abuse)**

1702 French Street  
(814) 454-8161

### **Drug and Alcohol Services**

#### **Millcreek Community Hospital**

5515 Peach Street  
(814) 864-4031

### **Stairways Behavioral Health, Gage House**

2919 State Street  
(814) 464-8438

## **Mental Health Services**

### **Catholic Charities**

329 West 10<sup>th</sup> Street  
(814) 456-2091

### **Millcreek Community Hospital**

5515 Peach Street  
(814) 864-4031

### **LECOM Outpatient Behavioral Health**

4740 Peach St, Erie, PA 16509  
(814) 454-3174

### **Safe Harbor Behavioral Health**

1330 West 26<sup>th</sup> Street  
(814) 459-9300

### **Stairways Behavioral Health**

2910 State Street  
(814) 453-5806

#### FOR PRIVATE PROVIDERS:

You can contact **Dr. Dunbar** to assist in the referral process. There is a wealth of local providers of various types: therapists, psychiatrists, psychological testing, etc. She can help direct to exactly what you are looking for and make that processes easier and quicker.

You can also call the 800 number on the back of your health insurance card. They can provide a list of clinicians paneled with them in your area. They also typically know areas of training and specialty as well as availability.

### **MET LIFE Lifeworks**

#### **Expert advice for work, life, and your well-being**

The program's experienced counselors provided through LifeWorks — one of the nation's premier providers of Employee Assistance Program services — can talk to you about anything going on in your life, including:

- **Family:** Going through a divorce, caring for an elderly family member, returning to work after having a baby
- **Work:** Job relocation, building relationships with co-workers and managers, navigating through reorganization
- **Money:** Budgeting, financial guidance, retirement planning, buying or selling a home, tax issues
- **Legal Services:** Issues relating to civil, personal and family law, financial matters, real estate and estate planning
- **Identity Theft Recovery:** ID theft prevention tips and help from a financial counselor if you are victimized
- **Health:** Coping with anxiety or depression, getting the proper amount of sleep, how to kick a bad habit like smoking
- **Everyday Life:** Moving and adjusting to a new community, grieving over the loss of a loved one, military family matters, training a new pet

#### **Convenient and confidential help when you want it, how you want it**

- Your program includes **up to 5** in person, phone or video consultations with licensed counselors for you and your eligible household members, per issue, per calendar year.
- You can call **1-888-319-7819** to speak with a counselor or schedule an appointment, 24/7/365.
- When you call, just select "Employee Assistance Program" when prompted. You'll immediately be connected to a counselor.
- If you're simply looking for information, the program offers easy to use educational tools and resources, online and through a mobile app.  
This includes all the areas previously mentioned: family, work, financial, legal, health, identity theft, and various life concerns
- There is a chat feature so you can talk with a consultant to guide you to the information you are looking for or help you schedule an appointment with a counselor.

Log onto:

**metlfeeap.lifeworks.com**

user name: **metlfeeap**

password: **eap**

**Lifeworks Mobile App**

user name: **metlfeeap**

password: **eap**

## BEHAVIORAL HEALTH RESPONSE TEAM

### **Erie- Seton Hill-Elmira Campuses**

Dr. Melanie Dunbar, Director of Behavioral Health

Dr. Jon Kalmey, Associate Dean of Pre-Clinical Education, COM

Seton Hill:

Dr. Devora Cohen-Karni, Director of Problem-Based Learning

Dr. Courtney Baker

Elmira:

Dr. Richard Terry, Associate Dean of Academic Affairs

Dr. Octavia Flanagan

### **Bradenton Campus**

Dr. Diane McKay, Director of Behavioral Health

Dr. Mark Kauffman, Associate Dean of Academic Affairs

Dr. Thomas Yoon, Dean- School of Dental Medicine