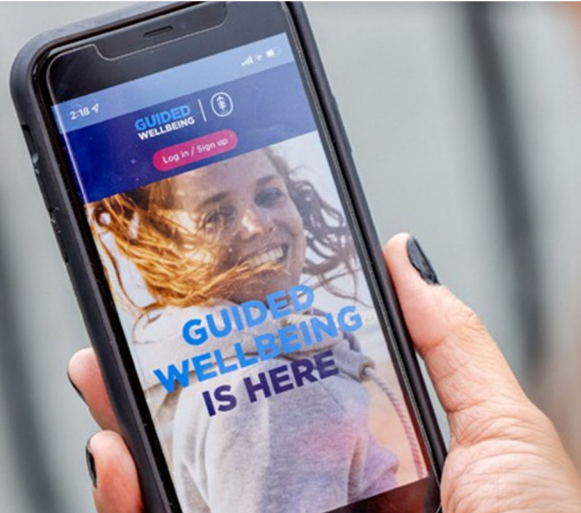


# Be proactive about your well-being.

## Find help & resources here.



### MENTAL HEALTH RESOURCES

---

Magellan – Counseling Services  
800-327-8793 / [member.magellanhealthcare.com](https://member.magellanhealthcare.com)  
New users: Provide 'MSK' as the company name

Magellan Counselor for Trainees  
Penni Morganstein, PsyD  
[morgansteinp@magellanhealth.com](mailto:morgansteinp@magellanhealth.com)  
Make appointments at:  
<https://bookings.cloud.microsoft/book/MemorialSloanKettering@mgln.onmicrosoft.com/s/w380TDhOyOGIVB68HAXGmw2?ismlsauthenabled=true>

National Suicide Prevention Line (non-MSK)  
1-800-273-8255; Available: 24/7

Chanchal Sharma, Psy.D; MS.Ed  
EHWS onsite counselor  
646-888-4128 / [sharmac1@mskcc.org](mailto:sharmac1@mskcc.org)  
Available: M – F, 9 am – 5 pm

Health Insurance Providers  
Aetna: [www.aetna.com](https://www.aetna.com)  
UHC: [www.whyuhc.com/mskcc](https://www.whyuhc.com/mskcc)

Tools to help you with health insurance related matters  
(identifying in-network doctors, help with making  
appointments, etc)  
Aetna One Advocate (A1A): (888) 415-5373

UnitedHealthcare Elite Alliance Advocacy Team: (833) 273-8750

Health Advocate:  
<https://mskbenefits.mskcc.org/keyword/health-advocate/#>

### MSK WELLNESS INITIATIVES

---

Employee Wellness Program  
[mskbenefits.mskcc.org/keyword/guided-wellbeing-overview](https://mskbenefits.mskcc.org/keyword/guided-wellbeing-overview)

Emotional Wellbeing Resources  
[mskbenefits.mskcc.org/keyword/be-well](https://mskbenefits.mskcc.org/keyword/be-well)

Work/Life Initiatives  
[mskcc.sharepoint.com/sites/pub-hr/SitePages/The-Good-Stuff.aspx](https://mskcc.sharepoint.com/sites/pub-hr/SitePages/The-Good-Stuff.aspx)

Faith-Based Counseling  
Protestant, Catholic, Muslim, Jewish  
212-639-5982

Postdoctoral Association  
Yoga, sports, community building  
[pda@mskcc.org](mailto:pda@mskcc.org)

### MSK PROFESSIONAL & MENTORING RESOURCES

---

Office of Scientific Education and Training  
[oset@mskcc.org](mailto:oset@mskcc.org)

Office of Career and Professional Development  
[opa@mskcc.org](mailto:opa@mskcc.org)

GSK Graduate School of Biomedical Sciences  
[gradstudies@sloankettering.edu](mailto:gradstudies@sloankettering.edu)

Social Workers at MSK  
212-639-7020

HR Business Partners  
646-227-3456



Memorial Sloan Kettering  
Cancer Center

For more information about these resources, visit  
[education.mskcc.org/OSET/Home/Resource/70](https://education.mskcc.org/OSET/Home/Resource/70)