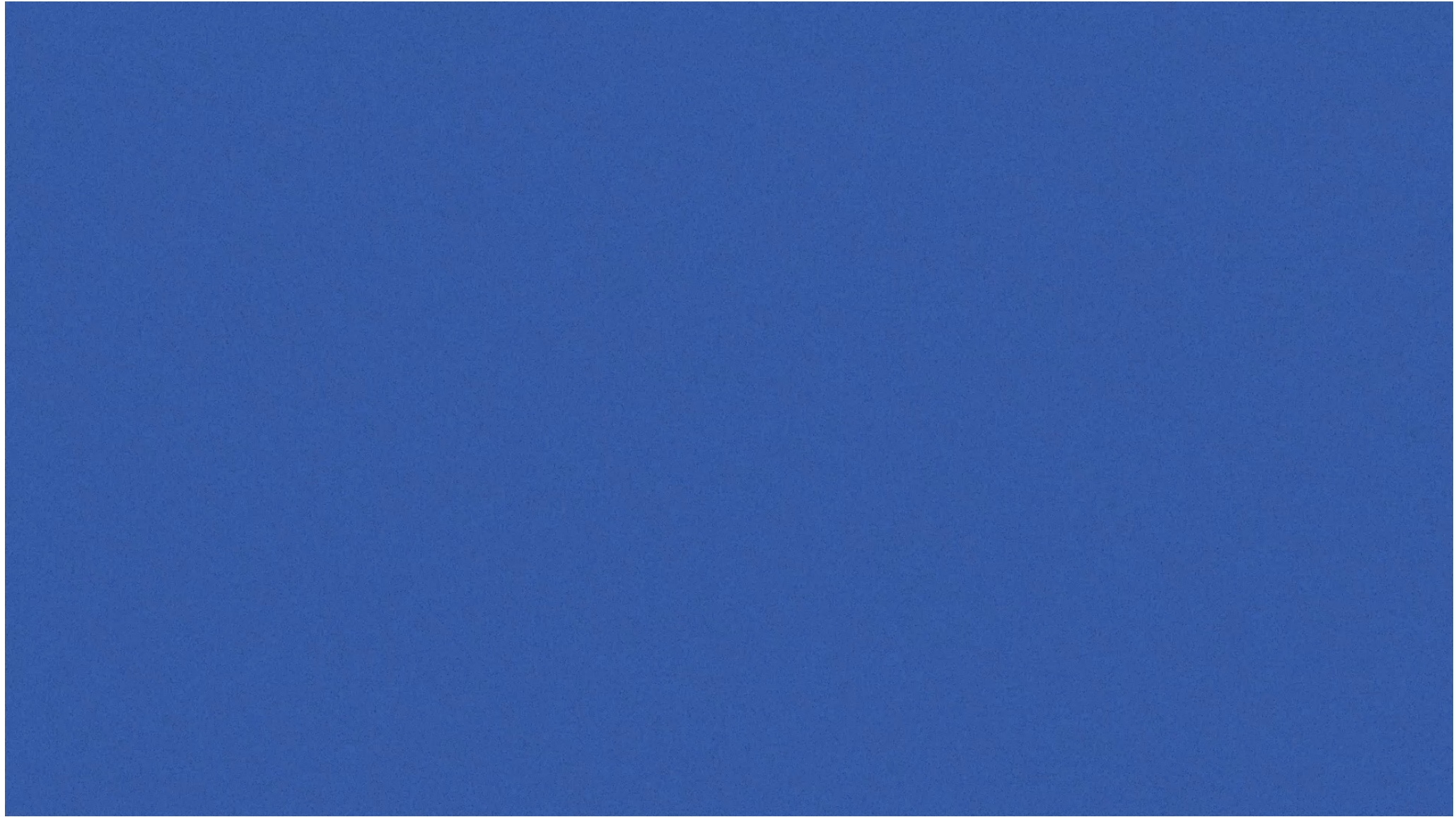


A Columbia Student's Guide to Monkeypox: What it is and How to Manage

Columbia Health

October 7, 2022



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If you think you have, or were exposed to, monkeypox or tested positive with an outside lab....

Call Medical Services at 212-854-7426

or

**Send a secure message to your PCP:
secure.health.columbia.edu**

Guidance on testing or sexual health

GHAP Advocates

- GHAP Advocates are available to talk virtually or in person with students about testing and prevention.
- Make an appointment by emailing ghap@columbia.edu

Alice! Health Promotion Health Education Visits

- Alice! Health Promotion staff are available to talk with students 1:1 about their health questions and how to access resources.
- Email alice@columbia.edu for an appointment

How to get care

Mental health

- Make an initial treatment planning session with Counseling and Psychological Services via secure.health.columbia.edu or call 212-854-2878
- Join a virtual support space
- Use urgent concerns or problem-solving/coping skills drop-in
- Visit health.columbia.edu/cps for available spaces and drop-in hours

Beyond CPS

- NYC Well: free, confidential, 24/7 mental health support. Call 888-NYC-WELL (888-692-9355), text “WELL” to 65173 or chat at nyc.gov/nycwell

Monkeypox Resources

For more information about monkeypox:

 preparedness.columbia.edu/news/monkeypox-update-and-faqs

 goaskalice.columbia.edu/answered-questions/monkeypox

For more information about where to get vaccinated:

 vaccinefinder.nyc.gov

Tell us what you thought of this
webinar!



<https://bit.ly/3EI2Ydd>



health.columbia.edu

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