

CopeNYP Employee Assistance Program

CopeNYP provides emotional support and practical strategies to help you with any challenges you may be facing. Some examples may include anxiety, depression, compassion fatigue, burnout, grief, relationship challenges, life transitions, substance misuse, or any other topic of concern to you.

NEW: Employees can request services online 24/7 at <https://copenyp.eapintake.com/> (or scan the QR code). Requests will be processed in 1-2 business days.



HIGHLIGHTS:

Short-term counseling sessions, free of charge, and/or referral to external resources.

Coverage includes employees, dependents, and household members.

Appointments are available virtually, via Zoom or telephone.

Staffed by trained mental health professionals from Weill Cornell's Dept. of Psychiatry

Counseling sessions are confidential. No charting is done in Epic.

CONTACT INFORMATION:

 CopeNYP@med.cornell.edu  646-962-2710

Scan the QR code to have the contact information added to your phone.
Employees can request counseling via phone, email, or the online intake form.

