

Wellness Resources



Supporting the Whole Person

When it comes to the wellness of our students, residents, fellows, and faculty members, we have several resources available to help manage your day-to-day demands in all aspects of your life. Our goal is to promote a balanced lifestyle and overall wellness by advocating for you and providing you with the tools to reduce burnout, depression, and other stressors you may encounter.

Please visit our Wellness Resources webpage for more detailed information:
[Wellness Programs | Our Community | Albany Medical College \(amc.edu\)](#)

If you or a colleague, student, or friend is in crisis, help is immediately available. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), go to the Emergency Room, or call 911.