

STRESSED? OVERWHELMED?

For **FREE** Confidential Consultation and/or Services,
Capital Area Health Consortium residents/fellows may contact:

UConn's *Employee Assistance Program* at (860) 679-2877

OR

Psychiatric services provided by:

(Charles) Lee Blair, MD
(860) 523-1451

Carol Starr, MD
(860) 313-0818

Mary Ayre, MD
(860) 233-1141

- Services are available only to Capital Area Health Consortium employees. (To verify employment, please bring a pay stub to your first appointment.)
- There is **NO** cost for this service.
- Contact UConn's Employee Assistance Program or any of the physicians listed above directly. There is no need to notify your Program Director, the Consortium or Anthem Blue Cross.

Please call Lory or Karen at (860) 676-1110 with any questions.