Baylor College of Medicine Telehealth Resources



Baylor College of Medicine

a convenient way to get care.

AcademicLiveCare Telehealth

Convenient care from your phone or computer

- $0 Copay
- 24/7 access to urgent care services
- Scheduled therapy, psychiatry and nutrition appointments
- Secure, confidential desktop and mobile access

Commonly used for:

- Therapy: stress, grief, anxiety, trauma, OCD, and relationship concerns
- Psychiatry: panic attacks, depression, mood issues, PTSD, and ADHD
- Urgent care: UTI, pink eye, flu, rashes, cold sores, and acne
- Nutrition: weight management, digestive concerns, allergies, pregnancy diets, cholesterol, and meal planning

Visit: **bcm.myahpcare.com/telehealth**

Access code: **ALCBCM26**

ALCBCM26

Academic Student Assistance Program

Free, confidential support available around the clock

- Call **1 (855) 850-4301**
  Text "Hello" to **61295**
- Speak with a counselor by phone, video, private chat, text or email
- Support in 140+ languages, including TDD/TTY services
- Help with stress, depression, grief, family and relationship concerns, crisis situations, and substance use
- Referals and consulations for community, legal, financial and identity-theft resources
- Online assessments, wellness tools, webinars and learning modules

Visit: **myahpcare.studentlifeservices.com**

Company code: **AHP1**

AHP1

All services are confidential and provided at no cost to you.
Not a substitute for emergency care. If you are in a life-threatening situation, call 911.