

## Mental Health Support during COVID-19

If you find yourself feeling anxious, fearful, and out of control, this is an entirely normal response to a highly unusual crisis. It's common to play out worst case scenarios in our mind related to your future health and fertility. With treatment cycle cancelations/postponements and constant reminders to practice "social distancing" you may feel there's widespread uncertainty about the future which can create heightened sensations of fear and panic. The lack of control that comes with periods of instability can lead to feelings of anxiety and despair. The antidote is to create a toolkit of coping strategies to help you get centered and stabilize in these times of uncertainty.

### **Stress Reduction Strategies: Thursdays 6-7pm**

Zoom Meeting URL: <https://weillcornell.zoom.us/j/748188027>

Meeting ID: 748 188 027



**Elizabeth Grill, Psy.D.**

### **Interactive "drop-in" group sessions: Tuesdays & Thursdays 9-10am**

Zoom Meeting URL: <https://weillcornell.zoom.us/j/257874736>

Meeting ID: 257 874 736



**Laura Josephs, Ph.D.**

For full psychological services, including other available providers, and upcoming support sessions and webinars please visit: <https://ivf.org/about-us/psychological-services>

Handout for Patients: [https://ivf.org/sites/default/files/covid-19\\_for\\_patients\\_\\_0.pdf](https://ivf.org/sites/default/files/covid-19_for_patients__0.pdf)



# We are here for you!

## ZOOM Instructions for joining by computer:

- Click on the URL invitation link to join the meeting.
- If the link doesn't work, you can highlight the URL, copy and paste it into your web browser.
- You can also go to [www.Zoom.us](http://www.Zoom.us) and enter the 9 digit meeting ID.
- For your own privacy & confidentiality, you can change your participant name to something ambiguous after joining the meeting by right clicking on your participant ID and selecting "rename" from the "More" drop down.

## Instructions for joining by phone:

- Dial in to 646-876-9923 and enter the 9 digit meeting ID

### What you will need:

- a computer or ipad with a webcam or smartphone can be used to access the session.
- It is important to be in a quiet, private space that is free of distractions (including cell phone or other devices) during the session.
- It is important to use a secure internet connection rather than public/free Wi-Fi.

### Please note:

**These are not private sessions. Your Zoom Profile Name or cell phone number will be visible to other participants during the session. If you would like to be anonymous, you can change your name either before or after joining the meeting.**

### **Let us know if you have any difficulties.**

If you would like to speak with a psychologist directly or would like to schedule a private session, reach out to Savannah Irizarry-Santiago: [smi2003@med.cornell.edu](mailto:smi2003@med.cornell.edu).

For any other questions, concerns or assistance, reach out to Dee Svedberg: [adg2011@med.cornell.edu](mailto:adg2011@med.cornell.edu).

### **Center for Reproductive Medicine COVID-19 UPDATE:**

The health and safety of our patients and staff are of the utmost priority. We continue to monitor the COVID-19 situation and adhere to guidance from the regulatory bodies and Weill Cornell/NYP. For further information, please visit:

<https://ivf.org/news/crm-covid-19-update>





# We are here for you!

## FULL ZOOM INVITATION FOR THURSDAYS AT 6PM:

Topic: STRESS REDUCTION STRATEGIES- CRM PATIENTS

Time: This is a recurring meeting – Thursdays at 6pm- hosted by Dr. Elizabeth Grill

Join Zoom Meeting

<https://weillcornell.zoom.us/j/748188027>

Meeting ID: 748 188 027

One tap mobile

+16468769923,,748188027# US (New York)

+13126266799,,748188027# US (Chicago)

Dial by your location

+1 646 876 9923 US (New York)

+1 312 626 6799 US (Chicago)

+1 301 715 8592 US

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US

Meeting ID: 748 188 027

Find your local number: <https://weillcornell.zoom.us/u/adCYH0uXYV>

Join by SIP

[748188027@zoomcrc.com](mailto:748188027@zoomcrc.com)

Join by H.323

162.255.37.11 (US West)

162.255.36.11 (US East)

221.122.88.195 (China)

115.114.131.7 (India Mumbai)

115.114.115.7 (India Hyderabad)

213.19.144.110 (EMEA)

103.122.166.55 (Australia)

209.9.211.110 (Hong Kong)

64.211.144.160 (Brazil)

69.174.57.160 (Canada)

207.226.132.110 (Japan)

Meeting ID: 748 188 027

Join by Skype for Business

<https://weillcornell.zoom.us/skype/748188027>



Ronald O. Perelman and Claudia Cohen Center for Reproductive Medicine <sup>3</sup>  
1305 York Avenue, 6<sup>th</sup> Floor, New York, NY 10021



# We are here for you!

## FULL ZOOM INVITATION FOR TUESDAYS AND THURSDAYS 9-10AM:

Topic: CRM PATIENT "DROP-IN" SUPPORT GROUP- Hosted by Dr. Laura Josephs  
Time: This is a recurring meeting Tuesdays and Thursdays 9am-10am

Join Zoom Meeting

<https://weillcornell.zoom.us/j/257874736>

Meeting ID: 257 874 736

One tap mobile

+16468769923,,257874736# US (New York)

+13126266799,,257874736# US (Chicago)

Dial by your location

+1 646 876 9923 US (New York)

+1 312 626 6799 US (Chicago)

+1 253 215 8782 US

+1 301 715 8592 US

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 257 874 736

Find your local number: <https://weillcornell.zoom.us/u/adCYH0uXYV>

Join by SIP

[257874736@zoomcrc.com](mailto:257874736@zoomcrc.com)

Join by H.323

162.255.37.11 (US West)

162.255.36.11 (US East)

221.122.88.195 (China)

115.114.131.7 (India Mumbai)

115.114.115.7 (India Hyderabad)

213.19.144.110 (EMEA)

103.122.166.55 (Australia)

209.9.211.110 (Hong Kong)

64.211.144.160 (Brazil)

69.174.57.160 (Canada)

207.226.132.110 (Japan)

Meeting ID: 257 874 736

Join by Skype for Business

<https://weillcornell.zoom.us/skype/257874736>



Ronald O. Perelman and Claudia Cohen Center for Reproductive Medicine<sup>4</sup>  
1305 York Avenue, 6<sup>th</sup> Floor, New York, NY 10021