



Do you know how to identify the signs of distress?

Do you know how to get help?

Just as an Intensive Care Unit, or ICU, helps those with a physical injury or illness, the three ICU program steps convey “I See You” to our peers and help those who may be in distress—or have an emotional or psychological illness or injury—get help.

- Students & UNMC House Officers (Residents):
 - Counseling and Student Development Center at 402.559.7276
- UNMC House Officers (Residents), Faculty & Employees:
 - Faculty/Employee Assistance at 402.559.5323 or 402.559.5175
 - Pharmacy Provider - CVS/Caremark 800.841.5550
 - Medical Insurance Provider – Blue Cross/Blue Shield at 888.592.8963
 - Benefits Office 402.559.4340
- Nebraska Medicine Employees:
 - Arbor Family Counseling at 402.330.0960 or 800.922.7379
 - Human Resources Service Center at 402.552.3211
- 24/7 Crisis Counseling:
 - Boys Town National Hotline at 800-448-3000

