

University Health Plan Behavioral Health Program

a benefit for Saint Louis University Residents,
Fellows, enrolled Students and family members

Building Resilience through Wellness

CONFIDENTIAL
Behavioral Health
Program

314.977.1066

**Appointment Scheduling/
24-hour Clinician
On-Call**

Work/Life Balance

Conflict Resolution

Parenting Issues

Personal Performance

Test Anxiety

Grief

Depression

Stress Management

Sleep Problems

Wellness Coaching

Relationship Issues

Burn Out

Alcohol and Drug Abuse

Saint Louis
BEHAVIORAL
MEDICINE
Institute

On Campus Location: SLU School of Medicine Building, Room M205

Off Campus Locations: 1129 Macklind Ave., St. Louis, MO 63110

16216 Baxter Rd., Chesterfield, MO 63017