

Dear Mount Sinai Community,

In recognition of October being National Depression and Mental Health Screening month, we in the Office of Well-Being and Resilience are promoting the “Our Mental Health” campaign, which will feature these weekly messages through the end of the month.

Please see below (and attached as a pdf) for information on **anxiety**, including treatment options, available resources, and [a quick screening tool](#) that can help determine whether you are experiencing symptoms of a mental health condition.

If you do screen positive for a mental health problem, please use our resource guide attached to seek out help and support.

In addition, we wanted to draw particular attention to how Post Traumatic Stress Disorder (PTSD) may be a more serious consequence of the circumstances of this year. Dr. Craig Katz from the Center for Stress, Resilience, and Personal Growth briefly explains PTSD, its manifestations, and when to reach out for help in the video attached.

 [Craig Katz.mp4](#)

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This link takes you to a full [list of resources](#) available to Mount Sinai employees, students and trainees for mental, emotional and spiritual support.

We hope you make use of these offerings as needed.

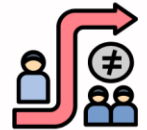
The Office of Well-Being and Resilience

## **“Our Mental Health: Acknowledge, Accept, Act” Screening for and Managing Anxiety**

# Anxiety

Anxiety is a normal reaction to stressful situations. Anxiety keeps us alert and helps us take actions to deal with the problem. However, persistently high levels of anxiety can be excessive, unhelpful, and interfere with our daily lives.

Some symptoms of anxiety include



When symptoms become intense and prolonged, it may be time to seek help.

**34%** of male graduate students,  
**43%** of female graduate students,  
**55%** of transgender or gender-nonconforming graduate students report symptoms of anxiety.\*

**26%** of frontline workers and  
**32%** of 3rd year medical students at the Mount Sinai Hospital screened positive for symptoms of anxiety in 2020.

There are increased rates of anxiety disorders among healthcare workers relative to **19%** in the general US population.\*\*

\*Evans, T., Bira, L., Gastelum, J. et al. Evidence for a mental health crisis in graduate education. *Nat Biotechnol* 36, 282–284 (2018). <https://doi.org/10.1038/nbt.4089>

\*\*<https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions/Anxiety-Disorders>

# Treatment

Treatment options for anxiety include:

Psychotherapy



Medications



Self-care and stress reduction



Take a brief screening at <https://screening.mentalhealthscreening.org/hyho> to see if you may benefit from connecting with a mental health professional

## MOUNT SINAI EMPLOYEE AND STUDENT RESOURCES

Office of Well-being and Resilience



## CENTER FOR STRESS, RESILIENCE, AND PERSONAL GROWTH

Call for support, resilience training workshops, care referrals and help with navigating all MSHS resources

212-659-5564

[bit.ly/MS-CSRPG](https://bit.ly/MS-CSRPG)

## OUTPATIENT PSYCHIATRY TREATMENT

Call any site for mental health evaluation and treatment

Mount Sinai Downtown: 212-420-2400

The Mount Sinai Hospital: 212-241-5947

for children and adolescents 212-241-7175

Mount Sinai Morningside/West: 212-523-8080

for children and adolescents 212-523-3082



## THE OFFICE OF WELL-BEING AND RESILIENCE

Facilitated discussions, narrative medicine, and mindfulness training

[tiny.cc/wellnessrequests](https://tiny.cc/wellnessrequests)



## ICARE PEER SUPPORT

For all clinical employees and trainees

Peer emotional support

212-241-8989



## EMPLOYEE ASSISTANCE PROGRAM

Short-term counseling and referral

212-241-8937



## PSYCHIATRY FACULTY PRACTICE ASSOCIATES

Mental health evaluation and treatment

212-659-8752

[psychiatryfpa@mssm.edu](mailto:psychiatryfpa@mssm.edu)

 UMR Insurance



## STUDENT AND TRAINEE MENTAL HEALTH

212-659-8805

[stmhemssm.edu](mailto:stmhemssm.edu)

## 24/7 SUPPORT AND CRISIS HOTLINE

212-241-2400

1-866-339-7725

**For crisis support you can reach a Suicide Prevention Lifeline at 1-800-273-8255  
or text HOME to 741741 to connect with a Crisis Counselor**