

Dear all,

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 depression, including treatment options, available resources, and [a quick screening tool](#) that can help determine whether you are experiencing symptoms of a mental health condition.

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 Depression

Depression: What We Know

Sadness is a normal feeling that can show up sometimes, especially in reaction to a difficult experience.

In contrast, depression is a feeling of intense or prolonged sadness or loss of interest in previously enjoyed activities, along with other symptoms including:



Trouble with appetite



Trouble with sleep



Fatigue



Feeling bad about oneself



Difficulty thinking



Trouble with everyday tasks



Thoughts of suicide

Women are 70% more likely than men to experience depression.



27% of medical students experience depression.*

28% of residents experience a major depressive episode during training.**

27% of frontline workers at Mount Sinai Hospital who were screened in 2020 were positive for depression symptoms.



11% of medical students have thoughts of suicide.*



* <https://pubmed.ncbi.nlm.nih.gov/27923088/>

** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4866499/>

Treatment

Treatment options for depression include:

- Psychotherapy



- Medications



- Self-Care and stress reduction



Take a brief screening at <https://screening.mentalhealthscreening.org/hyho> to see if you should connect with a mental health professional

It is important to seek help promptly if:

You have suicidal ideations

You are doing things on purpose to hurt yourself

You are drinking and taking drugs to block out negative feelings

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

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

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



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

 UMR Insurance



STUDENT AND TRAINEE MENTAL HEALTH

212-659-8805

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