

MOUNT SINAI EMPLOYEE AND STUDENT RESOURCES

A guide to mental, emotional, and spiritual help at work



CENTER FOR STRESS, RESILIENCE, AND PERSONAL GROWTH

Resilience training workshops,
individual support, and treatment
[Click to download our app on Sinai Central](#)
212-659-5564 | bit.ly/MS-CSRPG



EMPLOYEE ASSISTANCE PROGRAM

Short-term counseling and referral
212-241-8937



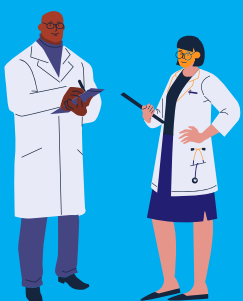
MOUNT SINAI CALM SELF CARE

Yoga, meditation, music, art, self-care
4calm@mountsinai.org



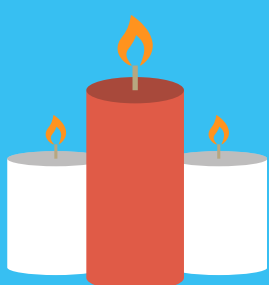
THE OFFICE OF WELL-BEING AND RESILIENCE

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



SPIRITUAL CARE

Speak with a chaplain
Mount Sinai Downtown 212-420-2759
The Mount Sinai Hospital 212-241-7262
Mount Sinai West 212-523-6920
Mount Sinai Morningside 212-523-2016
Mount Sinai Queens 718-808-7460

For More
Please Visit



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

For More
Please Visit



All Insurance

PSYCHIATRY FACULTY PRACTICE ASSOCIATES

Mental health evaluation and treatment

212-659-8752

psychiatryfpa@mssm.edu



UMR Insurance

PAWS AND PLAY

Support for clinical teams with our facility dog, Moby

jaelyn.craig@mounsinai.org



LOUIS ARMSTRONG CENTER FOR MUSIC AND MEDICINE

Daily individual and group sessions

212-844-8387

info@musicandmedicine.org



WELLNESS SPACES AND RECHARGE ROOMS

Mount Sinai Downtown

Beth Israel 3 Linsky, Room 327

Tent on 16th St near Beth Israel ED door

The Mount Sinai Hospital

Family Waiting Rooms next to MICU5 and KCC9

Mount Sinai Queens

Tent on 30th Road

Mount Sinai West

8th floor Family Waiting Room by the Neuro ICU



ADDITIONAL TRAINEE RESOURCES

students, post-docs, fellows, housestaff

STUDENT AND TRAINEE MENTAL HEALTH

212-659-8805

stmh@mssm.edu

24/7 SUPPORT AND CRISIS HOTLINE

212-241-2400

1-866-339-7725

