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

PSYCHIATRY FACULTY PRACTICE ASSOCIATES
Mental health evaluation and treatment
212-659-8752
psychiatryfpa@mssm.edu

PAWS AND PLAY
Support for clinical teams with our facility dog, Moby
jaclyn.craig@mountsinai.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
212-659-8805
stmh@mssm.edu

24/7 SUPPORT AND CRISIS HOTLINE
212-241-2400
1-866-339-7725

The Office of Well-being and Resilience
OWBR@mssm.edu | 212-241-5057