

# 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](https://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](mailto:4calm@mountsinai.org)



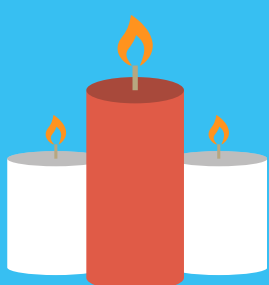
## THE OFFICE OF WELL-BEING AND RESILIENCE

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



## 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  
On-Call Line (nights and weekends) 212-241-7262

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

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

## STUDENT AND TRAINEE MENTAL HEALTH

212-659-8805

stmh@mssm.edu

## 24/7 SUPPORT AND CRISIS HOTLINE

212-241-2400

1-866-339-7725

