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

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

Call any site for a 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@mounсинai.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 Street near Beth Israel ED door
The Mount Sinai Hospital
Family Waiting Rooms next to MICU5 and KCC9
Mount Sinai Morningside
Clark 9, Room 5910 next to Elevators 1 and 2

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

For more information, scan the QR code

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