MOUNT SINAI
EMPLOYEE AND STUDENT RESOURCES

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

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

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/wellness request

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

For More Please Visit
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**

LOUIS ARMSTRONG CENTER FOR MUSIC AND MEDICINE
Daily individual and group sessions
**212-844-8387 | info@musicandmedicine.org**

PAWS AND PLAY
Support for clinical teams with our facility dog, Moby
**jaclyn.craig@mountsinai.org**

WELLNESS SPACES AND RECHARGE ROOMS

Mount Sinai Downtown
Beth Israel 3 Linsky, Room 327
Tent on 16th Street near Beth Israel ED door

Mount Sinai Queens
Tent on 30th Road

The Mount Sinai Hospital
Family Waiting Rooms next to MICU5 and KCC9

Mount Sinai West
Eighth 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**

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