



COVID-19 Headlines

April 9, 2020

■ MENTAL HEALTH CRISIS TEAMS

Our own departments of psychiatry and social work have created new [Mental Health Crisis and Support Teams](#) that are **just a phone call away** and are available around the clock. Their only purpose is to support you. Examples of what they can help with include grief, anger, anxiety, profound sadness, depression, fear, feelings of isolation or abandonment, and insomnia. They are here for you no matter the issue.

■ WELL-BEING AND PSYCHOSOCIAL RESOURCE NAVIGATION HOTLINE

There is also a new **one-stop-shopping phone line** to help you find whatever you need among all the well-being and psychosocial health resources available to you within the Mount Sinai community. Think of it like your Siri or Alexa for all the information that is posted on the COVID-19 [Employee Resources Website](#) except with real human beings on the other end of the phone. The number is (929) 357-7626, and I recommend that you put it in your contacts so that it is easily accessible to you when you need it. It is staffed from 7 am to 8 pm every day, including weekends.