

Mount Sinai Well-Being and Mental Health 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



Student and Trainee Mental Health

Evaluation, treatment, and crisis intervention for students, postdocs, fellows, and residents

212-659-8805 | stmh@mssm.edu

24/7 Support and Crisis Hotline
WellConnect connects you to trained behavioral health counselors any time of day

212-241-2400 | 1-866-640-4777 (school code: ICAHN)



Employee Assistance Program

Short-term counseling and referral

212-241-8937



Ombuds Office

A confidential, informal, neutral, and independent resource for conflict resolution

212-659-8848 | icahn.mssm.edu/about/ombuds-office



ICARE Peer Support

For all clinical employees and trainees
Peer emotional support

212-241-8989



Louis Armstrong Center for Music and Medicine

Daily individual and group sessions

212-844-8387

info@musicandmedicine.org



The Office of Well-Being and Resilience

Leadership workshops, facilitated discussions, narrative medicine, coaching, mindfulness sessions

tiny.cc/wellnessrequests



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

Outpatient Psychiatry Treatment



Many insurances

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



UMR and other
selected insurances

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



Mount Sinai Calm Self Care

Yoga, meditation, music, art, self-care

4calm@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

The Mount Sinai Hospital

Family Waiting Rooms near MICU5 and KCC9

Mount Sinai West

14th Floor Conference Room

Mount Sinai Queens

Pavilion Fifth Floor Conference Room, A5 228

Mount Sinai Morningside

440 West 114th Street, Ambulatory Care Center

Ninth Floor Wellness Center



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 information,
scan the QR code**



The Office of Well-being and Resilience

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