

COVID-19 Psychosocial Virtual Support Groups: The Department of Psychiatry has set up support groups for employees (faculty, staff, trainees) on a variety of topics. Each support group is held at various times of day and the week. All support groups will be held on Zoom, and you will need to register for the session using your Mount Sinai Email Address in order to participate. Upon completion of registration, you will receive an email confirming your request by the session facilitator.

Type of Support Groups:

Leading in Times of Crisis:

This support group is for clinical leaders (supervisors, managers, directors) to discuss the unique challenges of being a leader during extended crises.

Sessions	Facilitator	Registration
Thursdays 8:00PM - 8:30PM	Teresa Lee, MD	Click To Register With Your Mount Sinai Email

Stress Management:

This support group is for all employees. The support group will include conversations and discussions around managing stress, anxiety, and tension related to COVID crisis.

Sessions	Facilitator	Registration
Mondays 11:30AM - 12:00PM	Olivia Mandelbaum, PhD	Click To Register With Your Mount Sinai Email
Tuesdays 11:00AM - 11:30AM	Kathlene Tracy, PhD	Click To Register With Your Mount Sinai Email
Wednesdays 5:30PM - 6:00PM	Gabriela Shelley, MD	Click To Register With Your Mount Sinai Email
Saturdays 1:00PM - 1:45PM	Robert Schachter, Ed.D.	Click To Register With Your Mount Sinai Email

Caregiving During COVID:

This support group is for employees who are caregivers of family members. It will focus on the experience and challenges of caregiving during the COVID crisis.

Sessions	Facilitator	Registration
Fridays 6:00PM - 6:30PM	Andrew Merling, PhD	Click To Register With Your Mount Sinai Email

Parents and Families:

This support group is for employees who are parents or guardians. It will focus on the unique stresses of taking care of children and family during the COVID crisis.

Sessions	Facilitator	Registration
Mondays 12:30PM - 1:00PM	Maria Edman, PsyD	Click To Register With Your Mount Sinai Email
Thursdays 6:00PM - 6:30PM	Eve Freidl, MD	Click To Register With Your Mount Sinai Email

Grief and Loss:

This support group is for all employees who have lost someone they care about to COVID.

Sessions	Sessions	Registration
Wednesdays 1:00PM - 1:30PM	Anna Hickner, PsyD	Click To Register With Your Mount Sinai Email
Tuesdays 6:00PM-6:30PM	Jeremy Mack, MD	Click to Register With Your Mount Sinai Email