

Dear Mount Sinai Community,

In recognition of October being National Depression and Mental Health Screening month, we in the Office of Well-Being and Resilience are promoting the “Our Mental Health” campaign, which will feature these weekly messages through the end of the month.

Please see below (and attached as a pdf) for information on **substance use**, including treatment options, and available resources.

The Center for Stress Resilience and Personal Growth has developed a free and confidential app called **Wellness Hub** that serves as a resource around emotional well-being and resilience. In this app, you can complete surveys about your overall well-being, receive feedback and recommendations instantly, connect to resources, and build your personal resilience. New content will be pushed to the app regularly. [It is available for iOS on Sinai Central, under Employee Self Service, and will be available for Android platforms shortly.](#)

This link takes you to a full [list of resources](#) available to Mount Sinai employees, students and trainees for mental, emotional and spiritual support.

We hope you make use of these offerings as needed.

The Office of Well-Being and Resilience

## **“Our Mental Health: Acknowledge, Accept, Act” Substance Use**

# Substance Use: What We Know

Substance use disorder is a condition that affects a person's brain and behavior, and leads to an inability to control the use of a legal or illegal drug or medication.

Often substances can be misused to cope with difficult emotions such as loneliness, boredom, and/or anger.

## Common Symptoms of Substance Use



Craving the substance



Neglecting other parts of your life because of substance use



Unsuccessful efforts at cutting down or stopping use



Using substances even when it puts you in danger



Taking the substance in larger amounts or for longer than intended



Relationship problems due to use

**10-15%** of medical professionals in the US go through substance abuse at some point during their career.\*

It can be helpful to talk to a mental health professional and learn how to cope with difficult feelings.

\*<https://pubmed.ncbi.nlm.nih.gov/17242598/>

# Treatment

Psychotherapy



Medication



Self-care and stress reduction



Acknowledging a substance use problem is often very difficult, especially for healthcare workers. We can help one another recognize signs of difficulty.

# MOUNT SINAI EMPLOYEE AND STUDENT RESOURCES

Office of Well-being and Resilience



## ADDICTION INSTITUTE

Comprehensive and personalized care to help face the challenges of addiction

212-523-6491



## 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](http://bit.ly/MS-CSRPG)



## THE OFFICE OF WELL-BEING AND RESILIENCE

Facilitated discussions, narrative medicine, and mindfulness training

[tiny.cc/wellnessrequests](http://tiny.cc/wellnessrequests)

## OUTPATIENT PSYCHIATRY TREATMENT

Call any site for 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



## EMPLOYEE ASSISTANCE PROGRAM

Short-term counseling and referral

212-241-8937



UMR Insurance

## PSYCHIATRY FACULTY PRACTICE ASSOCIATES

Mental health evaluation and treatment

212-659-8752

[psychiatryfaemssm.edu](http://psychiatryfaemssm.edu)



## STUDENT AND TRAINEE MENTAL HEALTH

212-659-8805

[stmh@mssm.edu](mailto:stmh@mssm.edu)

## 24/7 SUPPORT AND CRISIS HOTLINE

212-241-2400

1-866-339-7725

**For crisis support you can reach a Suicide Prevention Lifeline at 1-800-273-8255  
or text HOME to 741741 to connect with a Crisis Counselor**