

Mount Sinai Employee and Student 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



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/wellnessrequests



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



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**



Outpatient Psychiatry Treatment



All Insurance

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 Insurance

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@mountrysinai.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 next to MICU5 and KCC9

Mount Sinai Queens

Pavilion Fifth Floor Conference Room, A5 228

Mount Sinai Morningside

440 West 114th Street, Ambulatory Care Center

Ninth Floor Wellness Center

Mount Sinai West

14th Floor Conference Room



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

WellConnect connects you to trained

behavioral health counselors any time of day

212-241-2400

1-866-640-4777 (school code: ICAHN)



**For more information,
scan the QR code**



The Office of Well-being and Resilience

OWBR@mssm.edu | 212-241-5057