

Mount Sinai Well-Being and Mental Health Resources

Office of Well-Being and Resilience



Center for Stress, Resilience, and Personal Growth

Resilience training workshops,
individual support, and treatment.

App available on Sinai Central.

[212-659-5564](tel:212-659-5564) | bit.ly/MS-CSRPG



Employee Assistance Program

Short-term counseling and referral

[212-241-8937](tel:212-241-8937)



Student and Trainee Mental Health

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

[212-659-8805](tel: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](tel:212-241-2400) | [1-866-640-4777](tel:1-866-640-4777) (school code: ICAHN)



ICARE Peer Support

For all clinical employees and trainees

Peer emotional support

[212-241-8989](tel:212-241-8989)



Ombuds Office

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

[212-659-8848](tel:212-659-8848) | icahn.mssm.edu/about/ombuds-office



The Office of Well-Being and Resilience

Leadership workshops, Group and 1:1
coaching offerings, facilitated discussions,
narrative medicine, mindfulness sessions

mountsinaiwellbeing.careteamapp.com/thisweek
tiny.cc/wellnessrequests



For crisis support 24/7, call or text **988** to reach the
Suicide and Crisis Lifeline, where you will be connected
to a trained counselor."

Outpatient Psychiatry Treatment

Many insurances



Call any site for a mental health evaluation and treatment

Mount Sinai-Behavioral Health Center **332-243-1600**

The Mount Sinai Hospital **212-241-5947**

for children and adolescents **212-241-7175**

Mount Sinai Morningside/Mount Sinai West **332-243-0080**

for children and adolescents **212-523-3082**

Mount Sinai Doctors behavioral health practices

UMR and other
selected
insurances



Mental health evaluation and treatment

212-659-8752

psychiatryfpa@mssm.edu



Louis Armstrong Center for Music and Medicine

Daily individual and group sessions

212-844-8387

info@musicandmedicine.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

1111 Amsterdam Avenue
Babcock Building, First Floor,
Luke's Café in The Oasis
(by the vending machines)

Mount Sinai Calm Self Care

Yoga, meditation, music, art, self-care

4calm@mountsinai.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 **212-241-7262**

On-Call Line (nights and weekends) **212-241-7262**



For more information,
scan the QR code



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