Mount Sinai Health System **Mental Health Resources***

I am a **faculty or staff member** looking for...

* All Mount Sinai mental health services are highly confidential with additional restrictions in the electronic health records to protect your privacy.

Crisis Help

National Suicide Prevention Lifeline
Call or text **988** or go to **988lifeline.org**

Psychiatric Emergency Departments
Phone numbers at **bit.ly/MS-MHresources**

Short-term Counseling

Employee Assistance Program
Short-term counseling and referral. Critical incident response, workplace violence supports, and psycho-educational consultation.

212-241-8937

Evaluation, Psychotherapy, Medication

- UMR (all employee types), Cigna, Aetna, EBCBS, 1199 Insurances
- UMR (all employee types), Cigna, Aetna, EBCBS, and self-pay options
- Most Insurance

Center for Stress, Resilience, and Personal Growth
Mental health evaluation, psychotherapy, and medication treatment.

Copay is waived for first 14 visits for in-network care for faculty, staff, trainees, and their adult dependents/spouses.

212-659-5564 | **bit.ly/MS-CSRPG**

Mount Sinai Doctors behavioral health practices
Mental health evaluation, psychotherapy, and medication treatment for insured employees and their dependents, including child, adolescent, and adult outpatient services.

212-659-8752 | **psychiatryfpa@mssm.edu**

Outpatient Psychiatry Clinics
Mental health evaluation, psychotherapy, and medication 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 West and Mount Sinai Morningside
332-243-0080
for children and adolescents
212-523-3082

These programs may refer you to one another

This resource is brought to you by **The Office of Well-Being and Resilience**
OWBR@mssm.edu | **212-241-5057** | **mshs.co/3KBpCQY**

Mount Sinai

Mount Sinai Health System **Mental Health Resources***

I am a **student, resident, or clinical/ postdoctoral fellow** looking for...

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Crisis Help

National Suicide Prevention Lifeline
Call or text **988** or go to **988lifeline.org**

Psychiatric Emergency Departments
Phone numbers at **bit.ly/MS-MHresources**

Short-term Counseling

WellConnect
Phone/internet-based short-term counseling. Wellness resources and referrals. Household members can use this option.

WellConnect counselors are available for crisis and general mental health support 24/7.

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

Evaluation, Psychotherapy, Medication

Center for Stress, Resilience, and Personal Growth
Mental health evaluation, psychotherapy, and medication treatment.

Copay is waived for the first 14 visits for in-network care for faculty, staff, trainees, and their adult dependents/spouses.

212-659-5564 | bit.ly/MS-CSRPG

Student and Trainee Mental Health
Mental health evaluation, psychotherapy, and medication treatment. In-person and virtual options.

Appointments are free regardless of insurance. In-person and virtual options. Evening appointments available.

STMH@mssm.edu | bit.ly/MS-STMH
212-659-8805 | 9 am–5 pm, Monday through Friday

These programs may refer you to one another

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Mount Sinai