

Mount Sinai Well-Being and Mental Health Resources

Office for Professional Engagement and Development



Center for Stress, Resilience and Personal Growth

Individual mental health treatment for employees, trainees and dependents; education programs for leaders and units.

212-659-5564 | icahn.mssm.edu/csrbg
Self-Referral Form: bit.ly/CSRPGrefer



Student and Trainee Mental Health

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

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)**



Employee Assistance Program

Short-term counseling and referral

212-241-8937



Ombuds Office

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

212-659-8848 | icahn.mssm.edu/about/ombuds-office



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



Well-Being and Workplace Experience Core of OPED

Leadership workshops, group and 1:1 coaching offerings, well-being champions, and more.

icahn.mssm.edu/about/departments-offices/oped/well-being



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.



Many insurances

Outpatient Psychiatry Treatment

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



Mount Sinai Calm Self-Care and Stress Management

Offers complimentary virtual yoga, Pilates, and meditation classes to faculty, staff, students, loved ones for deep breathing, stretching, movement, and mindfulness to promote stress management. For working parents, Calm provides free homework help and Zoom tutoring for their school aged children. To receive schedules and updates, please email

4calm@mountsinai.org



Wellness Spaces and Recharge Rooms



The Mount Sinai Hospital

Guggenheim Pavilion 6 West, next to Family Waiting Room

Mount Sinai Queens

Pavilion Fifth Floor Conference Room, A5 228

Spiritual Care

To connect with a chaplain, call

212-241-7262



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



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and Development**

OPED@mssm.edu | 212-241-5057