Mount Sinai Health System Mental Health Resources

All Mount Sinai behavioral health services are highly confidential and behind EHR privacy protections.

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

Crisis Help

National Suicide Prevention Lifeline
Call or text 988

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

Outpatient Psychiatry Clinics
Mental health evaluation, psychotherapy, and medication treatment.
Mount Sinai Beth Israel
212-420-2400
The Mount Sinai Hospital
212-241-5947
Mount Sinai West
212-523-8080
for children and adolescents
212-523-3082

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

These programs may refer you to one another

Employee Assistance Program
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

Center for Stress, Resilience, and Personal Growth
Mental health evaluation, psychotherapy, and medication treatment.
212-241-8937

Mount Sinai Beth Israel
212-420-2400
The Mount Sinai Hospital
212-241-5947
Mount Sinai West
212-523-8080
Mount Sinai Morningside
212-523-3082
for children and adolescents
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UMR (all employee types), Cigna, Aetna, EBCBS self-pay options
Most Insurance

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 Health System Mental Health Resources

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

- Crisis Help
- Short-term Counseling
- Evaluation, Psychotherapy, Medication
- National Suicide Prevention Lifeline
  Call or text 988
- Psychiatric Emergency Departments
  Phone numbers at bit.ly/MS-MHresources
- 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)
- 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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