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

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

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
Mount Sinai West and Mount Sinai Morningside
332-243-0080
for children and adolescents
212-241-7175
for children and adolescents
212-523-3082

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

These programs may refer you to one another

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

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