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

- Crisis Help
- Short-term Counseling
- Employee Assistance Program
- Psychiatric Emergency Departments
- National Suicide Prevention Lifeline
  Call or text 988
- Psychiatric Emergency Departments
  Phone numbers at bit.ly/MS-MHresources
- Evaluation, Psychotherapy, Medication
- Mount Sinai Health System Mental Health Resources
- Employee Assistance Program
  Short-term counseling and referral. Critical incident response, workplace violence supports, and psycho-educational consultation.
  212-241-8937
- Psychiatric Emergency Departments
- UMR (all employee types), Cigna, Aetna, EBCBS, 1199 Insurances
- Psychiatric Emergency Departments
- UMR (all employee types), Cigna, Aetna, EBCBS 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
- Psychiatry Faculty Practice Associates
  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 Beth Israel
  212-420-2400
  Mount Sinai West and Mount Sinai Morningside
  212-523-8080
  The Mount Sinai Hospital
  212-241-5947
  for children and adolescents
  212-241-7175
- Most Insurance
- UMR (all employee types), Cigna, Aetna, EBCBS self-pay options
- These programs may refer you to one another

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

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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