

Mount Sinai Internal Medicine Residency

Wellbeing Resources

Resources Within the Program

- Senior residents / “big sib”
- Wellness Advisor, LCSW
- Chief Residents - Nick Safian (‘25-’26 Wellness Chief), Chief Mentors
- Wellbeing Champion - Aveena Kochar (right)
- Program Director, APDs



Mount Sinai Well-Being and Mental Health Resources

Office of Well-Being and Resilience



Center for Stress, Resilience, and Personal Growth

Resilience training workshops, individual support, and treatment. App available on Sinai Central.

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



Employee Assistance Program

Short-term counseling and referral
212-241-8937



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)



ICARE Peer Support

For all clinical employees and trainees
Peer emotional support
212-241-8989



Ombuds Office

A confidential, informal, neutral, and independent resource for conflict resolution
212-659-8848 | icahn.mssm.edu/about/ombuds-office



The Office of Well-Being and Resilience

Leadership workshops, Group and 1:1 coaching offerings, facilitated discussions, narrative medicine, mindfulness sessions
mountsinaiwellbeing.careteamapp.com/thisweek
tiny.cc/wellnessrequests



Outpatient Psychiatry Treatment

Many insurances



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

psychiatrytpa@mssm.edu



Louis Armstrong Center for Music and Medicine

Daily individual and group sessions

212-844-8387

info@musicandmedicine.org



Wellness Spaces and Recharge Rooms



Mount Sinai Downtown

Beth Israel 3 Linsky, Room 327
Tent on 16th Street near Beth Israel ED door

The Mount Sinai Hospital

Family Waiting Rooms near MICU5 and KCC9

Mount Sinai West

14th Floor Conference Room

Mount Sinai Queens

Pavilion Fifth Floor
Conference Room, A5 228

Mount Sinai Morningside

1111 Amsterdam Avenue
Babcock Building, First Floor,
Luke's Café in The Oasis
(by the vending machines)

Mount Sinai Calm Self Care

Yoga, meditation, music, art, self-care
4calm@mountsinai.org



Spiritual Care

Speak with a chaplain

Mount Sinai Downtown 212-420-2759

The Mount Sinai Hospital 212-241-7262

Mount Sinai West 212-523-6920

Mount Sinai Morningside 212-523-2016

Mount Sinai Queens 212-241-7262

On-Call Line (nights and weekends) 212-241-7262



Paws and Play

Support for clinical teams with our facility dog, Moby
jaclyn.craig@mountsinai.org

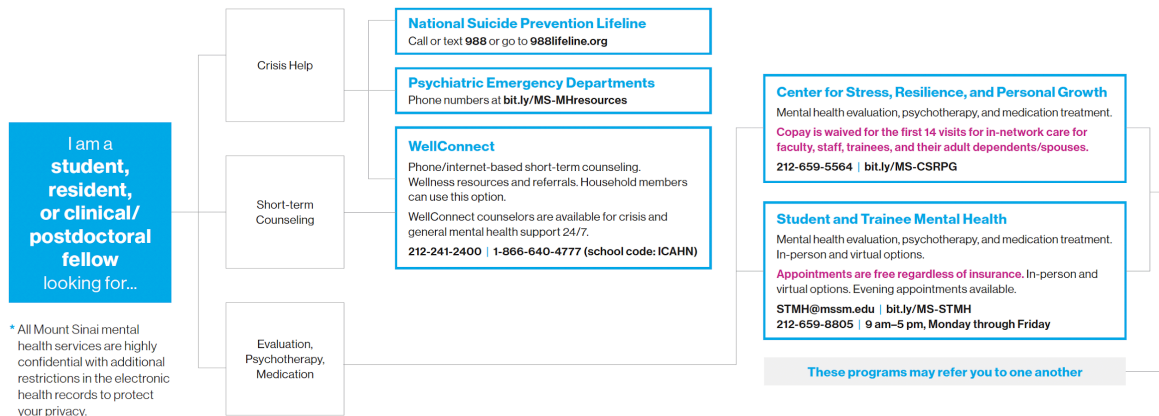


For crisis support 24/7, call or text 988 to reach the Suicide and Crisis Lifeline, where you will be connected to a trained counselor."

For more information, scan the QR code



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

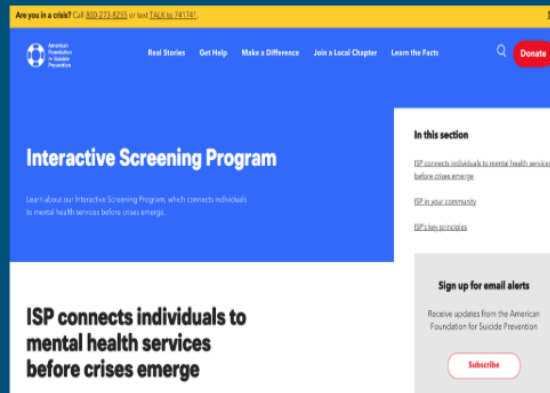


This resource is brought to you by **The Office of Well-Being and Resilience**
OWBR@mssm.edu | 212-241-5057 | mshs.co/3KBpCQY



Crisis Help

Interactive Screening Program



Anonymous online platform that is dedicated to supporting the mental health of residents and fellows. The ISP will provide residents and fellows with an opportunity to anonymously:

- Take a brief questionnaire for stress, depression, and other mental health conditions.
- Receive a personal response from a program counselor that will be working with STMH.
- Exchange messages with the counselor, ask questions, and receive support for connecting with available mental health services through STMH.
- Decide how to continue: they can make an appointment with an STMH provider, or do nothing more – it's all up to them.

Completing the online questionnaire and making use of this service is completely voluntary. *Trainees' identities will not be known by the counselor unless they choose to share it.*

Key Principles of the ISP include:

- **Complete Anonymity:** Trainees' User ID's will be unique to and chosen by the trainee. Identity will not be known to the counselor unless the trainee chooses to share it.
- **Personalized Contact with Program Counselors:** Instead of computerized feedback, the trainee will receive a personal response to their questionnaire from a program counselor within 24-48 hours.

Connection and Support: Through the ISP website, counselors will respond to the experiences you share and recommend resources, if appropriate, and answer any

Website:

<https://ismms.caresforyou.org/welcome.cfm?access=28>

Short-Term Counseling

WellConnect

DID YOU KNOW?

Your school offers **WellConnect** – a free, confidential student well-being program available to you and your household members.



With WellConnect you have access to:

- 24-hour telephonic support from licensed mental health professionals
- 5 free sessions of short-term face-to-face, telephonic or video counseling
- Professional help to address emotional stressors, test anxiety, relationship issues and more
- Legal and financial consultations
- Referrals for things like housing, utilities, childcare and other local resources
- Health and wellness consultations
- A website featuring articles, assessments, webinars, financial calculators, skill builders and other self-help tools

WellConnectForYou.com

WELLCONNECT STUDENT/LIFE SERVICES

Too much on your plate? We can help you delegate.

Research job openings (with flexible hours). Join a gym. Find a place to live. Locate a sitter. Overwhelmed by life's endless to-do lists? It's not just the big items: it's all the little things that add up and pile on stress. And it's not good for your mental well-being or physical health. WellConnect StudentLife services are available to help you address those daily living concerns so you can focus at school and be more present at home. Our specialists are highly-qualified to assist you with locating providers, resources and referrals for a range of life issues and needs.

SCHOOL AND WORK

- Resume writing & editing services
- Job placement resources
- Career counseling
- Community resources

EDUCATION

- Tutors and test-prep
- Financial aid & scholarships
- Internships
- Continuing education

HEALTH AND WELLNESS

- Health care providers
- Specialty care
- Gyms and fitness centers
- Nutritionists
- Health coaches
- Alternative medical providers

DAILY LIVING

- Household maintenance
- Pet care
- Dining & entertainment
- Gifts and shopping
- Moving and relocation
- Transportation
- Meals and groceries

LEGAL AND FINANCIAL

- Real estate
- Taxes
- Estate planning
- Legal document preparation
- Civil or consumer issues
- Retirement planning
- College savings
- Life insurance
- Budgeting

FAMILY AND CAREGIVING

- Child care and day care
- After-school programs
- Summer camps
- Special needs care
- Education and tutors
- In-home care and companion services
- Senior housing
- Meal programs and transportation services
- Hospice and respite centers

• Personalized consultations with trained StudentLife specialists

• Referrals to local providers and national services

• 24/7 support for you and your household members

• Tip sheets, checklists and other helpful tools

24/7 mental health support and crisis hotline number for ISMMS students and trainees in partnership with WellConnect:
212-241-2400 or 1-866-640-4777 (school code: ICAHN)

MSHS Student and Trainee Mental Health (STMH)



Telehealth services utilizing confidential platforms

No limits on the number of visits per year.

Confidential



For appointments-
Email **STMH@mssm.edu** or call
212-659-8805 between 9 AM and 5 PM
Monday-Friday.

Website:
<https://icahn.mssm.edu/about/departments-offices/psychiatry/patient-care/stmh>



For after-hours support or crisis help, call this 24/7 hotline dedicated specifically to Mount Sinai Students and Trainees staffed by trained crisis counselors- **212-241-2400** (or 1-866-640-4777).

Center for Stress, Resilience and Personal Growth (CSRPG)



Provides free, confidential behavioral health care to Mount Sinai staff, faculty, trainees, and students.



*Call **212-659-5564***



*Email **MS-CSRPG@mountsinai.org***

Provides confidential one-on-one behavioral health services to Mount Sinai staff, faculty, trainees, and medical and graduate students, and their adult dependents and partners.

With qualifying insurances, there are no out-of-pocket costs for up to 14 visits, to the extent possible by regulations and law.

If you call them during business hours (Monday-Friday, 9:00 AM – 5:00 PM), you can speak to someone there directly. If you send an email, they typically respond within 1-2 business days.