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

Mount Sinai

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 emloyees 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

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.”

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
psychiatryfpa@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 more information, scan the QR code

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

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

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

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

- **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)

Evaluation, Psychotherapy, Medication

- **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

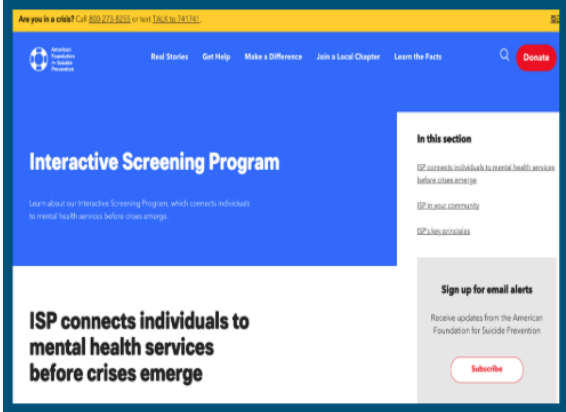
These programs may refer you to one another

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

Crisis Help

Interactive Screening Program



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

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

Short-Term Counseling

WellConnect



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

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

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).

No limits on the number of visits per year.

Confidential

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

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.