

Mount Sinai Employee and Student Resources

A guide to mental, emotional, and spiritual help at work



Center for Stress, Resilience, and Personal Growth

Resilience training workshops, individual support, and treatment.

[Click to download our app](#) on Sinai Central



Employee Assistance Program

Short-term counseling and referral



Mount Sinai Calm Self Care

Yoga, meditation, music, art, self-care



The Office of Well-Being and Resilience

Facilitated discussions, narrative medicine, and mindfulness training



iCare Peer Support

For all clinical employees and trainees
Peer emotional support



Louis Armstrong Center for Music and Medicine

Daily individual and group sessions



Spiritual Care

Speak with a chaplain
Mount Sinai Downtown
The Mount Sinai Hospital
Mount Sinai West
Mount Sinai Morningside
Mount Sinai Queens
On-Call Line (nights and weekends)



Outpatient Psychiatry Treatment



All Insurance

Call any site for a mental health evaluation and treatment

Mount Sinai Downtown

The Mount Sinai Hospital

for children and adolescents

Mount Sinai Morningside/West

for children and adolescents

Psychiatry Faculty Practice Associates

Mental health evaluation and treatment



UMR Insurance



Paws and Play

Support for clinical teams with our facility dog, Moby



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 next to MICU5 and KCC9

Mount Sinai Queens

Pavilion Fifth Floor Conference Room, A5 228

Mount Sinai Morningside

440 West 114th Street, Ambulatory Care Center

Ninth Floor Wellness Center

Mount Sinai West

14th Floor Conference Room



Additional Trainee Resources

students, post-docs, fellows, housestaff

Student and Trainee Mental Health

24/7 Support and Crisis Hotline

WellConnect connects you to trained behavioral health counselors any time of day

