

Mental Health/Wellbeing Resources

Within the Surgery Department:

1) Jane Lodato, Chief of Wellness, Surgery: Mindfulness Coach, Trainee Advocate, general (always confidential) resource to assist and navigate to support.

1:1 sessions available, contact jane.lodato@mountsinai.org cell 347-9315976

2) Dr. Sue Hahn, GME Advocate: Trainee Well Being Champion and GME liaison, Trainee Advocate

Mount Sinai System Resources:

1) Student + Trainee Mental Health

Student and Trainee Mental Health:

212-659-8805

stmh@mssm.edu

2) 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)

3) Center for Stress, Resilience and Personal Growth

If you have UMR insurance visits are free for certain number of visits

212-659-5564 or MSCSRPG@mountsinai.org

Or reach out directly to: jonathan.depierro@mssm.edu and/or (C) 646-877-5885

External Resources for Therapists that take UMR insurance:

Alma

https://helloalma.com/?utm_campaign=9034881037&utm_source=google&utm_medium=paid&utm_content=635980275294&utm_term=e_alma&adgroupid=91337800797&gclid=Cj0KCQjwIPWgBhDHARIsAH2xdNciwhTw7vBuEahCz8ckgTe5bGD82G-rX42gZHIOflxujVPuxJvqZKAaAhftEALw_wcB&restored=1679670394437

Octave Mental Health Practice

www.findoctave.com

