

Wellness Resources

- **Student and Trainee Mental Health Program**
 - Monday - Friday, 9a - 5p
 - FREE for all students and trainees
 - Services: Initial consultations, psychotherapy, counseling, medication management, referrals, often see trainees for burn-out
 - Contact Info: [212-659-8805](tel:212-659-8805) or STMH@mssm.edu
- **Mental Health Hotline**
 - 24 hours a day, 7 days a week
 - Services: mental health crisis support, general mental health support, information about referrals
 - Contact Info: [212-241-2400](tel:212-241-2400) (or [1-866-339-7725](tel:1-866-339-7725)), school code ICAHN
- **The Mount Sinai Sexual Assault and Violence Intervention Program (SAVI)**
 - Services: Psychotherapy, emergency room advocacy, referrals
 - Contact Info: [212-423-2140](tel:212-423-2140)
- **Opt-Out Wellness Advisor Program**
 - Scheduled as needed, can be outside of regular business hours
 - Services: Licensed social workers who provide counseling sessions and referrals
 - Contact Info: greta.rosen@mountsinai.org, jocelyn.childs@mountsinai.org
- **Dr. Avena Kochar (Internal Medicine Wellness Champion)**
 - As needed, also has monthly wellness office hours
 - Contact info: aveena.kochar@mountsinai.org
- **Office of Reliance and Wellbeing**
 - Offer support and provide additional resources
 - Contact info: [212-241-5057](tel:212-241-5057), owbr@mssm.edu