

Additional Support for Teams and Employees

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If you or someone near you is in clear and present danger to themselves or others, call 911.

988 Suicide & Crisis Lifeline: Dial or Text 988

Toll-free hotline available 24/7 in over 200 languages to anyone in suicidal crisis or emotional distress. For TTY users: Use your preferred relay service or dial 711 then 988.

Montefiore Einstein

Mental Health & Well-being Resources for Employees



Montefiore understands the importance of mental health and well-being support. Here you will find numerous resources available to employees.

Employee Assistance Programs (EAPs)

Non-1199 Employees: Carebridge

From prevention to intervention, Carebridge can help. Available 24/7 at no cost to you and your household family members, whether or not you're covered by a Montefiore health plan.

Connect with a Care Coordinator who will complete a brief intake assessment and direct you to options of care, including clinical counseling, coaching and work-life services.

Individuals can access up to 5, short-term counseling sessions per occurrence with a licensed therapist and unlimited access to Work-Life Specialists for support related to caregiving, financial challenges, education planning, legal needs, identify theft, grief support and much more.

On-site or virtual team support, such as critical incident debriefing, manager/team well-being trainings and other manager resources are also available.

Call **844-300-6072** or email clientservice@carebridge.com. Visit carebridgenow.com to find virtual support groups, well-being resources and webinars. Use access code C4NKN.

1199 Employees: Member Assistance Program

The 1199SEIU Benefits Fund provides services related to mental health, substance use, assistance with financial and legal concerns, domestic or workplace violence, grief support and more.

Available Monday - Friday, 9:00 am - 5:00 pm at **646-473-6900**. Visit 1199seiubenefits.org/map for more information.

For 24/7 telephonic mental health services, call Teladoc at **800-835-2362** or visit Teladoc.com.

Statewide Peer Assistance for Nurses (SPAN)

SPAN provides confidential education, support, and advocacy for ALL nurses licensed in New York State, anywhere on the continuum from substance use to substance dependence. Call the confidential helpline at **800-457-7261**, email span@nysna.org or visit statewidepeerassistance.org

Counseling and Behavioral Health Resources

Healthyme! Psychotherapy & Art Therapy Services

All employees have access to free and confidential short-term individual sessions from a licensed art therapist for verbal psychotherapy or art therapy consultations. These consultations can address mental health needs, substance use, coping skills and fostering healthy behaviors.

Support is also available for units and departments to develop healthy communication, stress management, team building, team well-being goals, relaxation and more.

Creative approaches like art therapy can uniquely unlock insights and possibilities. No previous art experience or skill required. To schedule a confidential consultation or team workshop, email jshoneman@montefiore.org. For more information, visit the Employee Center at <https://montefiore.service-now.com/esc>.

Department of Psychiatry and Behavioral Sciences Psychiatry Department Services

Available to employees with Montefiore Anthem BCBS and their covered family members. Services include individual, couples and family therapy; medication treatments, testing and evaluation. To contact, call **718-920-4814**, email MEPA@montefiore.org or visit MEPAnow.com.

Behavioral Health Virtual Urgent Care

Available Monday - Wednesday from 10:00 am - 5:00 pm, and Thursday - Friday from noon - 5:00 pm.

Employees can request a Behavioral Health Virtual Urgent Care visit directly from the "Your Menu" section of their MyChart account at mychart.montefiore.org.

For questions or additional resources, including but not limited to physical, financial and family well-being, please visit the **Employee Center** at <https://montefiore.service-now.com/esc>