



Support to Recharge Your Mental Health

At Montefiore Einstein, mental health isn't one resource—it's a network of support. Through HealthyME, you're connected to confidential care, creative outlets, expert services and everyday tools that help you feel supported at work and in life. And because their health is part of your world, HealthyME includes support for your loved ones, too.

Employee Assistance Programs

Non-1199 Employees

You and your household members are supported through **AllOne Health** with free 24/7 access to short-term counseling, work-life and financial/legal support, wellness tools, life coaching, everyday assistance and more.

800-451-1834

allonehealth.com/portal

(Access code: C4NKN)

Download the AllOne Health app

1199 Employees

You and your family members are supported through:

Member Assistance Program

646-473-6900

Monday – Friday, 9:00 am – 5:00 pm ET

1199seiubenefits.org/map

24/7 Telephonic Mental Health Services

Teladoc: 800-835-2362

Teladoc.com

Wellness Program

The **1199SEIU Wellness Program** is here to support you with monthly wellness and health education classes, helpful resources and more.

1199seiubenefits.org/wellness

Statewide Peer Assistance for Nurses (SPAN)

Confidential education, advocacy and peer support across the substance use continuum for all NYS licensed nurses.

800-457-7261

span@nysna.org

statewidepeerassistance.org

Department of Psychiatry and Behavioral Sciences

Montefiore Einstein Behavioral Health Services for Employees

Behavioral Health Services are available to employees and their families, including support for mental health and substance use disorders. Services are available in person and through telehealth. Services include comprehensive diagnostic evaluations, neuropsychological testing and evaluation, psychiatric treatments, individual psychotherapy, and family and couples' therapy.

To book an appointment or find additional information:

Mental Health Services

833-691-8326 (Montefiore Health Plan)
718-684-7173 (1199)

Substance Use Services

718-684-7174 (All Employees)

montefioreeinstein.org/patient-care/services/psychiatry

Behavioral Health Virtual Urgent Care

Available Monday – Wednesday, 10:00 am – 5:00 pm ET and Thursday – Friday, noon – 5:00 pm ET. Request a visit through the “Your Menu” section in MyChart at mychart.montefiore.org

HealthyME Psychotherapy & Art Therapy

Free, confidential short-term verbal psychotherapy or art therapy sessions are available to all employees.

Group support for teams available.

jshoneman@montefiore.org

HealthyMEBenefits.com

HealthyME Programs

Support through programs that reduce stress and build resilience.

Scan the QR code to explore more at

HealthyMEBenefits.com,

including a full calendar of monthly events focused on well-being.



If You Need Immediate Help

If you or someone near you is in danger, call **911**.

988 Suicide & Crisis Lifeline:

Call or text **988**. Available 24/7 in over 200 languages.
(TTY users: dial 711 then 988)

Get help at 988lifeline.org.



For more information on any of these resources, contact Jamie Shoneman at jshoneman@montefiore.org or scan the QR code to see a listing of site liaisons.