

For Mount Sinai House Staff

Mount Sinai's Student and Trainee Mental Health Program (STMH) offers students and trainees access to confidential mental health services. We treat a range of mental health issues, and our services include evaluation, consultation, medication management, crisis management, short-term psychotherapy, and counseling.

Students and trainees most commonly seek treatment for adjustment difficulties, burn-out, depression, anxiety, and attentional problems, but a full range of psychological and psychiatric conditions can be managed within our program. Specialized group treatments are offered for some conditions. STMH services are provided at the Mount Sinai Hospital, Mount Sinai Morningside, and Mount Sinai Beth Israel. But visits are primarily via tele-health at this time.

Make an Appointment at **212-659-8805** (reachable 9am-5pm) or email: STMH@mssm.edu

To reach our new 24/7 support and crisis hotline, please call **212-241-2400** or **1-866-339-7725**

For more details and additional resources click on the following link: <https://icahn.mssm.edu/about/departments/psychiatry/clinical/stmh>

