**For emergent care:**

**NYC Well:**

1-888-NYC-WELL (1-888-692-9355), Press 2

NYC Well is a free, confidential help line for New York City residents. You can call 24 hours per day/7 days a week. The staff of trained mental health professionals help callers find:

* Suicide prevention and crisis counseling
* Peer support and short-term counseling via telephone, text and web
* Assistance scheduling appointments or accessing other mental health services
* Follow-up to check that you have connected to care and it is working for you

**National Suicide Prevention Lifeline:**

1-800-273-8255

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources

**For emergent psychiatric care at Sinai:**

Contact the psychiatrist on-call through the page operator at **212-241-5581**, call the Psychiatric Emergency Service at **212-241-5637**, or go to the Emergency Room.

**For emergent psychiatric care at non-Sinai affiliated locations:**

* [**NYPH**](https://www.google.com/maps/dir/%27%27/622+W+168th+St,+New+York,+NY+10032/@40.8412,-74.0105922,12z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x89c2f69c6997d6c9:0x73e37fdba62268cf!2m2!1d-73.9405523!2d40.8412212):
* [630 W 168th St](https://maps.google.com/?q=630+W+168th+St&entry=gmail&source=g)
* btwn Broadway and Fort Washington Ave
* [**NYU**](https://www.google.com/maps/dir/%27%27/560+1st+Avenue,+New+York,+NY+10016/data=!4m5!4m4!1m0!1m2!1m1!1s0x89c2590f05e62a53:0x467d9427030251ea?sa=X&ved=0ahUKEwiA6sr3pq3NAhXFzz4KHT_7C20QiBMIEzAA)
* [550 1st Avenue](https://maps.google.com/?q=550+1st+Avenue&entry=gmail&source=g) btwn 30th and 33rd St
* [**Lennox Hill**](https://www.google.com/maps/place/Lenox+Hill+Hospital/@40.7735366,-73.9608451,15z/data=!4m2!3m1!1s0x0:0x2a367beae7107987?sa=X&ved=0ahUKEwiBkYahpq3NAhVJbT4KHbkyA3EQ_BIIgAEwCw)
* [100 E 77th St](https://maps.google.com/?q=Lennox+Hill+100+E+77th+St&entry=gmail&source=g) btwn Park and Lexington Ave
* [**North Shore LIJ**](https://www.google.com/maps/place/270-5+76th+Ave,+Queens,+NY+11040/@40.7530291,-73.7093102,17z/data=!3m1!4b1!4m5!3m4!1s0x89c26278d18c3137:0xba573b0a61b8bd20!8m2!3d40.7530291!4d-73.7071215)
* [270-5 76th Ave Queens, NY](https://maps.google.com/?q=270-5+76th+Ave+Queens,+NY&entry=gmail&source=g)

**For non-emergent needs:**

**Student/Trainee Mental Health at Sinai**  
[STMH@mssm.edu](mailto:STMH@mssm.edu)

Members of the Student/Trainee Mental Health Team can be reached confidentially:

Jeffrey Newcorn, MD, Director of Student/Trainee Mental Health  
Tel: 212-659-8705  
[jeffrey.newcorn@mssm.edu](mailto:jeffrey.newcorn@mssm.edu)

Olga Leibu, MD  
Tel: 212-659-8851  
[olga.leibu@mssm.edu](mailto:olga.leibu@mssm.edu)

Evan Leibu, MD  
Tel: 212-659-8726  
[evan.leibu@mssm.edu](mailto:evan.leibu@mssm.edu)

Maria Edman, PsyD  
Tel: 212-241-5420  
[maria.edman@mssm.edu](mailto:maria.edman@mssm.edu)

**Non-Sinai Based:  
For urgent or semi-urgent needs the following Psychiatrists have all been contacted, and have agreed to serve as resources for trainees wishing to seek psychotherapy or pharmacological treatment.**

Michael Trapido, MD (212) 831-4832  
Insurance info: aetna/cigna, bluecross/blueshield, empire psychotherapy, largely psychotherapy/pharmacology. No acute situations  
[odipart@gmail.com](mailto:odipart@gmail.com)

Anne Fatone, PhD, (212) 427-9163 or cell 917 776-4875  
Psychotherapy; non-pharmacological

Eran Chemerinski, MD, (917) 519-0303  
Insurance info: + aetna/cigna (- bluecross/blueshield)  
[eran.chemerinski@mssm.edu](mailto:eran.chemerinski@mssm.edu)

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