**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%2BW%2B168th%2BSt%2C%2BNew%2BYork%2C%2BNY%2B10032/%4040.8412%2C-74.0105922%2C12z/data%3D%213m1%214b1%214m8%214m7%211m0%211m5%211m1%211s0x89c2f69c6997d6c9%3A0x73e37fdba62268cf%212m2%211d-73.9405523%212d40.8412212):
* [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%2B1st%2BAvenue%2C%2BNew%2BYork%2C%2BNY%2B10016/data%3D%214m5%214m4%211m0%211m2%211m1%211s0x89c2590f05e62a53%3A0x467d9427030251ea?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%2BHill%2BHospital/%4040.7735366%2C-73.9608451%2C15z/data%3D%214m2%213m1%211s0x0%3A0x2a367beae7107987?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%2B76th%2BAve%2C%2BQueens%2C%2BNY%2B11040/%4040.7530291%2C-73.7093102%2C17z/data%3D%213m1%214b1%214m5%213m4%211s0x89c26278d18c3137%3A0xba573b0a61b8bd20%218m2%213d40.7530291%214d-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

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

Olga Leibu, MD
Tel: 212-659-8851
olga.leibu@mssm.edu

Evan Leibu, MD
Tel: 212-659-8726
evan.leibu@mssm.edu

Maria Edman, PsyD
Tel: 212-241-5420
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

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

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