

Additional Resources for Teams and Associates

Please contact Dr. Brenda Boatswain at bboatswa@montefiore.org, or any of the psychiatry “site” liaisons:

CHAM:	Sandra Pimentel PhD spimente@montefiore.org	215.740.0437
	Audrey Walker MD auwalker@montefiore.org	914.320.7892
Moses:	Jonathan Alpert MD, PhD jalpert@montefiore.org	617.448.9792
	Carol Bernstein MD cabernstei@montefiore.org	917.617.0748
	Simon Rego PsyD sreg@montefiore.org	718.920.5024
Wakefield:	Natalia Markova DO nmarkova@montefiore.org	718.920.9210
	Matthew Schneider MD mschneid@montefiore.org	718.920.4415
Weiler:	Jonathan Alpert MD, PhD jalpert@montefiore.org	617.448.9792
	Carol Bernstein MD cabernstei@montefiore.org	917.617.0748
	Rubiahna Vaughn MD, MPH ruvaughn@montefiore.org	917.583.9688

Montefiore Caregiver/Staff Support Centers

Refreshments, respite, and support are available in the Caregiver Support Centers. Locations and hours of operation:

Moses: 1st floor, opposite the Food Pavilion, 9 a.m. - 4 p.m.

Wakefield: 6th floor, 10 a.m. - 5:30 p.m.

Weiler: 4th floor, 9 a.m. - 5 p.m.

Montefiore Einstein

Mental Health and Wellbeing Resources for Montefiore Einstein Associates



▶ Scan this QR code with your smartphone camera to quickly access these resources online.



To Your HEALTH!

Montefiore for a Healthy You

During these challenging times, Montefiore understands associates may have an increased need for mental health and wellbeing resources. Here you will find a list of available mental health resources, which are also accessible through the QR code below.

For a full listing of wellbeing resources, including but not limited to physical wellbeing, financial wellbeing, and childcare, please visit mymontebenefits.com/to-your-health.



Scan this QR code with your smartphone camera to quickly access these resources online.



Counseling and Behavioral Health Resources

Department of Psychiatry and Behavioral Sciences

Psychiatry department services are available to associates with Montefiore Anthem BCBS and their covered family members. Please call 718.920.4814 or email MEPA@montefiore.org. For more information, please visit MEPAnow.com.

The Montefiore Department of Psychiatry and Behavioral Sciences has launched Behavioral Health Virtual Urgent Care, which is available **Monday, Thursday, and Friday from 12 p.m. - 5 p.m., and Tuesday and Wednesday from 10 a.m. - 2 p.m.** Associates can request a Behavioral Health Virtual Urgent Care visit directly from the “Your Menu” section of their MyChart account at mychart.montefiore.org.

Safety Concerns

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

- **988 Suicide & Crisis Lifeline (24/7): Dial 988**

The 988 Suicide & Crisis Lifeline is a national suicide prevention network that provides 24/7 service via a toll-free hotline with the number 9-8-8. Dial or text 988. It is available 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.

To Your Health! Associate Wellness Psychologist and Art Therapist Consultations

All associates have access to the Associate Wellness Wellbeing Manager, a licensed psychologist, for short-term consultations and referrals. Email Dr. Brenda Boatswain at bboatswa@montefiore.org. All appointments are free and confidential. Dr. Boatswain is also available for departmental workshops and team support programming.

All associates can access Creative Wellness programming for short-term free and confidential individual consultations or team workshops facilitated by a licensed art therapist. To learn more or request services, email Creative Wellness Program Manager Jamie Shoneman at jshoneman@montefiore.org.

Employee Assistance Programs (EAPs)

Non-1199 Associates and Households – Carebridge EAP

Individual counseling with a licensed practitioner and manager resources are available 24/7 at 1.844.300.6072, or by emailing clientservice@carebridge.com. The EAP also provides critical incident debriefing and free virtual live webinars at carebridgenow.com, access code C4NKN.

1199 Associates – Member Assistance Program

The 1199 Member Assistance Program provides services related to mental health, substance use, and emotional wellbeing. They can be reached Monday - Friday, 9 a.m. - 5 p.m. at 646.473.6900. Or for 24/7 telephonic mental health services, call Teladoc at 1.800.835.2362 or visit Teladoc.com.