

Mental Health and Wellbeing Resources for Montefiore Einstein Associates



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 this QR code.

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



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.

Counseling & Behavioral Health Resources

Department of Psychiatry and Behavioral Sciences

Psychiatry department services are available to associates with Montefiore Empire 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.

To Your Health! Associate Wellness Psychologist 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 confidential. Dr. Boatswain is also available for departmental workshops and team support programming.

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 myliferesource.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.

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

Additional 24/7 Support

NYC Well (24/7): Text, call, and chat lines are available at nycwell.cityofnewyork.us/en. NYC Well is a free, confidential help line that can provide you with information and referrals to a variety of behavioral healthcare services. Connect to a counselor or peer support specialist by phone at 1-888-NYC-WELL (1.888.692.9355), by texting “WELL” to 65173, or by chat at nycwell.cityofnewyork.us/en/get-help-now/chat-with-a-counselor-now.



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