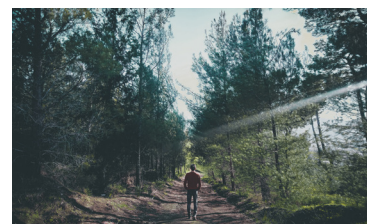


Montefiore House Staff Self-Care Resource List

Dear Montefiore House Staff,

Your well-being is important to us. The stresses of medical training are real, and since we are all human, it is normal to react to such stresses. If you are feeling the negative effects of stress, we encourage you to reach out for support. There are multiple ways to manage stress and build resiliency and this resource guide can offer some direction.



Montefiore Wellness Resources (w/ Montefiore Insurance)

Dr. Brenda Boatswain, Associate Wellness & Well-being Coordinator	347-418-4739 bboatswa@montefiore.org
Dr. Simon Rego, Director of Psychology Training, Psychiatry & Behavioral Sciences	718-920-5024
Dr. Bruce Schwartz, Deputy Chairman & Clinical Director, Professor Department of Psychiatry & Behavioral Sciences	718-920-4040
Dr. Howard Forman, Psychiatrist	718-920-7735
Dr. Shelby Harris, Director of Behavioral Sleep Medicine, Sleep-wake Disorders Center	718-920-4841
Dr. Michela Catalano, Director of Occupational Health Service	718-920-4272
Employee Assistance Program (EAP) – for Associates, their spouses, & dependents (confidential & available 24/7)	1-800-225-2527 www.healthcareeap.com
Healing Arts Program – relaxation hotline, creative arts therapies, & meditation audio-tracks	718-920-CALM (2256) www.montefiore.org/healingarts
Empire Insurance MIPA/MPCIPA – access to providers covered by your plan, including psychologists & psychiatrists	https://www11.empireblue.com/montefiore/
Montefiore Emergency Rooms – or call 911	Moses, Einstein, Wakefield

Will Help You Find Referrals in the Tristate Area

Care Guidance Program – referrals to providers, scheduling your own medical visits, health condition management	1-855-MMC-WELL mmccareguidance@montefiore.org
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Confidential & Anonymous Hotlines (Available 24/7 for Everyone)

Samaritans Crisis Response Hotline (suicide prevention; nonreligious)	212-673-3000
Substance Abuse & Mental Health Services Administration (SAMHSA) Helpline	1-800-662-HELP (4357)
National Domestic Violence Hotline	1-800-799-SAFE (7233)

- Burnout Proof – app for physicians
- Burnout Resources from the APA
 - <https://www.psychiatry.org/psychiatrists/practice/well-being-and-burnout>
- Making the Difference: Preventing Medical Trainee Suicide
 - <https://afsp.org/our-work/education/physician-medical-student-depression-suicide-prevention/>
- Pacifica – app with daily tools for anxiety & stress
- A Physician's Perspective on Self-Care & Recovery
 - <https://www.nejm.org/doi/full/10.1056/NEJMp1615974#t=article>
- Reducing the Stigma: Physicians Speak Out
 - <https://news.aamc.org/medical-education/article/reducing-stigma-suicide-rates/>
- Struggling in Silence: Physician Depression & Suicide
 - <https://www.youtube.com/watch?v=i1Sz-3GnvGI>
- www.ToYourHealth.Montefiore.org

If you have questions or would like to add suggestions, please contact ToYourHealth@montefiore.org.