



# Grief counseling and mental health support is available as follows:

## Wellness Center

24x7 In Conference Room #5

## Program Directors, Chairs and faculty of each Department

## Graduate Medical Education Office

Executive Leadership Team (Chief Medical Officer, Chief Nurse Director, Chief Operating Officer, Executive Director, Director of Human Resources)

## Central Office Systemwide Support Line

(646) 815-4150, M-F 9 AM to 3 PM

## New York State Psychological Association (NYSPA)

Therapists (518) 608-6183

## Talkspace App (online therapy)

### H3 Helping Healers Heal

[http://hhcinsider.nychhc.org/sites/helping\\_healers\\_heal/Pages/index.aspx](http://hhcinsider.nychhc.org/sites/helping_healers_heal/Pages/index.aspx)

### Health and Hospital EAP program

Phone: (212) 306-7660

Days/Hours: M – F, 8:00 a.m. to 9:00 p.m. EST

Website: [www.nyc.gov/html/olr](http://www.nyc.gov/html/olr)

### CIR EAP program – (Resident's Only)

Phone: (800) 386-7055 / Emergency access 24/7

Days/Hours: M – F, 9:00 a.m. to 8:00 p.m. EST

Website: <https://ibhworklife.personaladvantage.com> Username: Matters / Password: wlm70101

### Pastoral Care Department

- Chaplain Carlos Morgenfeld

Monday – Friday ( 9am -5.30p) Contact Ext 5581

Email- [carlos.morgenfeld@nychhc.org](mailto:carlos.morgenfeld@nychhc.org)

- Chaplain Nicholas Nwagwu

Thursday, Friday, Saturday, Sunday & Monday. Contact Ext 5054

Email- [Nicholas.Nwagwu@nychhc.org](mailto:Nicholas.Nwagwu@nychhc.org)

- Chaplain Bart Amobi

Monday, Tuesday, Wednesday, Friday & Saturday Contact- Ext 4172

Cell 646 305 2759

Email- [amobib@nychhc.org](mailto:amobib@nychhc.org)

If you are in crisis, please call the [National Suicide Prevention Lifeline](https://www.nimh.nih.gov/health/topics/suicidal-thoughts-and-actions/index.shtml) at **1.800.273.TALK (8255)**, or contact the [Crisis Text Line](https://www.suicideline.com/) by texting TALK to **741741**