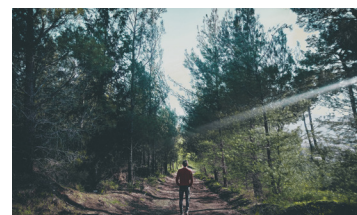


# Montefiore House Staff Self-Care Resource List

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 Manager

347-418-4739  
bboatswa@montefiore.org

Dr. Simon Rego, Director of Psychology Training,  
Psychiatry & Behavioral Sciences

718-920-5024

Dr. Thomas Betzler, Executive Clinical Director, Montefiore Behavioral  
Health Center (Psychiatrists & Social Workers; Can identify self as House Staff for expedited service)

718-904-4415

Dr. Howard Forman, Psychiatrist

718-920-7735

Dr. Michael Thorpy, Director, Montefiore 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)

1-844-300-6072  
clientservice@carebridge.com

Relaxation hotline & 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

## 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](http://www.ToYourHealth.Montefiore.org)

If you have questions or would like to add suggestions,  
please contact [ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org).

**Montefiore**  
To Your Health!  
Montefiore for a Healthy You