

Wellness and Mental Health

As many of us are aware the pandemic brought on different types of mental health issues and substance abuse problems due to the uncertainty we faced each and every day. Below is information for the Metro North Employee Assistance Program. Should anyone happen to need help do not hesitate to contact the following folks or one of your Union Representatives.

Jennifer Herbst, Sr. Manager – EAP
Office/Direct Line: 212-883-8083
jherbst@mnr.org

EAP's Main #: 212-883-8084

In addition, for folks who would rather go outside of MNR for assistance I have provided behavioral health referral lines that members can contact for in-network referrals in the tri-state area.

The information is as follows:

NYSHIP/Empire plan 1-877-769-7447 This is the number for the Empire plan. Follow the prompts for a referral to a mental health/substance abuse program and the Clinical Referral Line

Connecticare 1-888-946-4658 This is the direct behavioral health line for Connecticare. Follow the prompts.

Also as information please see the following:

National Suicide and Crisis Lifeline
Dial or Text: 988

We will add this information to the ACRE website for convenience and easy access.