Mental Health Resources for Health Care Workers

SHEA has put together a variety of mental health resources specific to healthcare workers, particularly those that are on the front lines during this public health crisis. Please feel free to share these resources with your colleagues. Please contact Brooke Evans, BrookeE@wsha.org, if you have additional questions.

Mental Health Resources for Health Care Workers

- o **The American Foundation for Suicide Prevention (AFSP)** has developed a web page exclusively dedicated to supporting communities across the country, including healthcare workers during this unprecedented public health crisis. This web page, is being updated daily with advice, guidance, and public messages, along with recommended resources and programs. Many of the resources can be turned into one-pagers and co-branded upon request.

- o **Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak** – Developed by the National Center for Post-Traumatic Stress Disorder, a division of the U.S. Department of Veterans Affairs, this document provides information and guidance on supporting the well being and resilience of health care workers during the COVID-19 outbreak.

- o **Mental health and psychosocial considerations during the COVID-19 outbreak** – Developed by the World Health Organization, this document includes messaging for healthcare workers (page 2) and others on the front line with a focus on how to protect our mental health during the COVID-19 outbreak.

- o **Emergency Responders: Tips for taking care of yourself** – Developed by the U.S. Department of Health and Human Services, U.S. Centers for Disease Control and Prevention, this web page provides information about understanding and identifying burnout and secondary traumatic stress, how to get support from colleagues, along with self-care techniques and resources for support.

- o **Mental Health Information Coping with Traumatic Events** – The National Institute of Mental Health (NIMH) web page dedicated to supporting the mental health for individuals on the front line during traumatic events. This site includes warning signs, ways to cope, as well as a list of resources and ways to find help and support.

- o **Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks** – The American Psychiatric Association (APA) web page dedicated to Corona virus and mental health specific to health care workers. This site includes recommendations on how health care workers whose patients are affected by the outbreak can take care of themselves.

- o **Caring for our caregivers during COVID-19** – The American Medical Association (AMA) web page dedicated to support health care workers on the frontline.

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Attached Fact Sheets

1. [Coping with stress during infectious disease outbreaks](#) (U.S. Department of Health and Human Services, SAMHSA)
2. [Taking care of your behavioral health during and infectious disease outbreak](#) (U.S. Department of Health and Human Services, SAMHSA)
3. [Understanding compassion fatigue: tips for disaster responders](#) (U.S. Department of Health and Human Services, SAMHSA)
4. [Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks](#) (Center for the Study of Traumatic Stress)

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