

NOTE: This resource was published in 2020 and is not being maintained. While information contained within was current when published, it may be outdated, and some links may not work.

Healthcare Resilience Working Group Behavioral and Mental Health Resources

This document exists to be a comprehensive, yet broad list of behavioral and mental health resources which can be shared with the healthcare workforce on the front lines and the general public dealing with the public health emergency stemming from COVID-19. This document will be located on the larger list of COVID-19 Behavioral Health Resources found [here](#).

Healthcare Workforce Resources

Healthcare Workforce Wellbeing

- [Mini Modules to Relieve Stress for Healthcare Workers Responding to COVID-19](#) (ASPR TRACIE)
 - These mini modules are designed for healthcare workers in all settings, but primarily hospital-based providers, staff, and leaders. They provide information for front-line healthcare and social services workers to use prior to and during a disaster such as the COVID-19 pandemic to recognize and reduce their stress levels and maintain resilience.
- [Disaster Behavioral Health Self Care for Healthcare Workers Modules](#) (ASPR TRACIE)
 - These modules are designed for healthcare workers in all settings, but primarily hospital-based providers. They provide information for front-line healthcare and social services workers to use prior to a disaster to recognize and reduce their stress levels and maintain resilience during recovery.
- [Preventing and Addressing Moral Injury Affecting Healthcare Workers during the COVID-19 Pandemic](#) (HRWG)
 - Moral injury (sometimes known as moral distress) refers to the psychological, behavioral, social, and/or spiritual distress experienced by individuals who are performing or exposed to actions that contradict their moral values. This resource contains tips on how to identify and prevent moral injury and provide support for those affected.
- [Health Promotion to Enhance Healthcare Worker Performance](#) (HRWG)
 - This resource provides information on policies and best practices to use in the workplace to promote the health of the workforce and subsequently enhance and improve worker performance.
- [Healthcare Professionals: Coping with Stress and Compassion Fatigue](#) (SAMHSA)
 - This tip sheet details the signs and symptoms of disaster-related distress and compassion fatigue and offers self-care and stress management tips for responders. The tip sheet also includes step-by-step instructions for muscle relaxation and a relaxation breathing technique.
- [Healthcare Personnel & First Responders: How to Cope with Stress and Build Resilience during the COVID-19 Pandemic](#) (CDC)
 - This web page from the Centers for Disease Control and Prevention dedicated to responders lists symptoms of stress and offers tips on coping and building resilience. Also available in [Spanish](#), the page includes helpline and hotline telephone numbers and links to additional resources for coping with stress, building resilience, and maximizing safety.

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- [Mitigate Absenteeism by Protecting Emergency Medical Service \(EMS\) Clinicians' Psychological Health and Well-being during the COVID-19 Pandemic](#) (HRWG)
 - This document contains general concepts to prepare and take action to help EMS/911 agencies protect the psychological health and wellbeing of workers.
- [EMS Mental Health Resources*](#) (NAEMT)
- [Provider Wellbeing during a Public Health Crisis*](#) (Northeast and Caribbean MHTTC)
 - Sponsored by the Northeast and Caribbean MHTTC, this webinar explores the effects of the COVID-19 pandemic on mental health and substance use treatment practitioners. It presents tools to assess distress and wellness, signs of distress and burnout, and strategies to address these conditions. Key information from the full webinar is also provided in a [tip sheet*](#).
- [Supportive Practices for Mental Health Professionals during Pandemic-Related Social Distancing*](#) (South Southwest MHTTC)
 - In this tip sheet, the South Southwest MHTTC explains the emotional effects that social distancing can have on mental and substance use disorder treatment professionals as they work to continue serving people during a pandemic. Tips are provided for enhancing wellness, balance, and connection for individual practitioners and for supervisors working to support their teams during social distancing.

Providing Behavioral and Mental Health Care

- [Managing Patient and Family Distress Associated with COVID-19](#) (HRWG)
 - This document contains tips and strategies for healthcare workers in hospitals and alternate care settings to help ease the stress and anxiety experienced by patients during infectious disease outbreaks.
- [Telehealth Resources for Behavioral Health Clinicians during COVID-19](#) (HRWG)
 - This document contains guidance to supply behavioral health clinicians with resources to aid their clients/patients' transition to the utilization of telehealth services during the COVID-19 pandemic.
- [Talking With Patients about Advance Directives during the COVID-19 Pandemic](#) (HRWG)
 - This document contains guidance to hospitals on advance directives, written statements authored by patients, to aid health care providers, family members, and legal guardians in best understanding the patient's requests related to preparation and execution of advance directives.
- [Managing the Human Side of Reopening Your Behavioral Health Facility or Practice During the COVID-19 Pandemic](#) (PHE)
 - This webpage contains guidance for behavioral health facilities to consider when reopening their practices. The guidance contains suggestions for behavioral health facility leaders and staff to consider when reopening in addition to links for resources that can be utilized for guidance and to ease the stress of reopening.
- [Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know*](#) (Center for the Study of Traumatic Stress)
 - This document contains information for healthcare providers to consider when caring for the mental health of their patients and themselves during times of quarantine. Stressors during and post-quarantine are included as well as ways healthcare providers can support the psychological well-beings of their patients during quarantine practices.

General Public Resources

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General

- [Taking Care of Your Behavioral Health – Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](#) (SAMHSA)
- [Resiliency Training Website and Resources](#) (U.S. Army)
- [Managing Stress Associated with the COVID-19 Virus Outbreak](#) (VA National Center for PTSD)
- [Mental and Behavioral Health COVID-19 Resources](#) (PHE.gov)
 - A list of resources for individuals, children and adolescents, leaders, healthcare and public health professionals assisting individuals, individuals with specific needs, and other categories.
- [Stress, Depression and The Holidays: Tips for Coping*](#) (Mayo Clinic)
 - This webpage contains tips to prevent stress and depression during the holiday season in the context of the pandemic. This page includes tips on minimizing holiday stress, staying connected to social supports and seeking professional support if necessary.

Helplines

- [Disaster Distress Helpline](#), Call 1-800-985-5990 or text TalkWithUs to 66746 (SAMHSA)
- [American Foundation for Suicide Prevention*](#), Call 800-273-8255 or text TALK to 741741 (AFSP)

Children

- [Talking With Children: Tips for Caregivers, Parents, and Teachers During Infectious Disease Outbreaks](#) (SAMHSA)
- [Parent/Caregiver Guide to Helping Families Cope With the Coronavirus Disease 2019 \(COVID-19\)*](#) (NCTSN)
- [Finding the Right Words to Talk with Children and Teens about Coronavirus*](#) (Center for the Study of Traumatic Stress)
 - This tip sheet contains developmentally appropriate guidance for parents of children from preschoolers to teenagers to use when explaining Coronavirus and discussing ways to keep themselves and their families safe.

Older Adults

- [Managing the Effects of Social Distancing in Older Adults during COVID-19](#) (HRWG)
 - This document contains behavioral health guidance and resources for older adults residing in Nursing Homes, Long-term Care Facilities, or Assisted Living Facilities.
- [Coronavirus and COVID-19: Caregiving for the Elderly*](#) (Hopkins Medicine)
 - This webpage details considerations for caregivers of elderly persons during the pandemic. This page includes tips on maintaining caregiver wellness, keeping elderly persons connected and involved with their loved ones and community and tips for minimizing the risk of contracting COVID-19.

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