**Mental Health Resources for COVID 19**

Collated by Rebecca Margolis, DO (Children’s Hospital Los Angeles) and Rachel Schwartz, PhD (Stanford School of Medicine)

**Crisis Support**

**Physician Support Line**

Free Confidential Peer Support Telehealth Line by Volunteer Psychiatrists for US Physician Colleagues during the COVID19 Pandemic

Check in at: <https://doxy.me/physiciansupportline>

No appointment needed.  8am-12am EST 7 days a week.

**Crisis Text Support**

Free access 24/7

Not specific for healthcare workers

<https://www.crisistextline.org>

<https://www.samhsa.gov/find-help/national-helpline>

**Virtual Mental Health Support**

<https://www.talkspace.com/> [Offering 1000 months of free therapy for frontline medical workers nationwide; see <https://apnews.com/Business%20Wire/53d04b6cdd4a4832bb13547662a42561>]

<https://www.twochairs.com>

**Regional Support**

**NYC-Specific Mental Health Support for Healthcare Workers & Essential Workers**

The NYC COVID Care Network is a self-organizing mutual aid network of more than 2500 mental health workers, spiritual care providers, and community builders supporting all essential workers and their families during this evolving crisis. They facilitate free individual support encounters, support groups, stress-reduction training, and grief rituals via Zoom or telephone. Any New York essential worker and their family is eligible to receive support (including healthcare professionals, first responders, emergency personnel, childcare providers, delivery drivers, construction workers, etc): **sign-up through**[**www.nyccovidcare.org/request**](https://nyccovidcare.us19.list-manage.com/track/click?u=9d05be0abb258db17d0405b52&id=0b084340c1&e=a9cbc1bb79)**.**

**NYC Statewide Hotline**

[1-844-863-9314] to provide free mental health services to individuals sheltering at home who may be experiencing stress and anxiety as a result of COVID-19. Staffed by 6000 volunteer mental health professionals.

**Mindfulness/Meditation Resources for Emotional Regulation**

**Ten Percent Happier**

Free 6-month trial of their app for all healthcare workers.

<https://www.tenpercent.com/coronavirussanityguide>

**Headspace**

Free membership with an NPI number

<https://www.headspace.com/health-covid-19>

**Articles about managing stress during COVID-19**

**Psychology Today**

<https://www.psychologytoday.com/us/blog/erasing-stigma/202003/controlling-coronavirus-anxiety>

**Work Human**

<https://www.workhuman.com/resources/globoforce-blog/just-breathe-9-tips-for-managing-stress-during-the-covid-19-pandemic>

**AMA**

[**https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19**](https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19)

**CDC Guidelines for Mental Health and Coping during COVID-19:**

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

[*https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html*](https://www.cdc.gov/violenceprevention/suicide/copingwith-stresstips.html)

<https://emergency.cdc.gov/coping/selfcare.asp>

**American Psychological Association Resources**

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>

<https://www.apa.org/research/action/speaking-of-psychology/coronavirus-anxiety>

**ACGME** **Specific**

**ACGME AWARE Resources (not COVID specific)**

Well-Being App: targeted for physicians to identity sources of stress and use Cognitive Behavioral Therapy (CBT) practices to undo these routines and improve well-being

Podcast workshop series: for DIOs and PDs that provides a frame-work for addressing well-being with trainees

<https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/AWARE-Well-Being-Resources>

**Resource Libraries**

**Center for the Study of Traumatic Stress Resource Library:**

<https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

**Visual Resources for your Work Environment**

**Intensive Care Society Resource Library**:

Provides a well-being resource pack, including a series of posters that can be displayed in your institution (COVID specific staff well-being posters at end of this document)

Links to other resources such as Second Victim, improving workplace civility

<https://www.ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c>

