

CARING FOR YOUR MENTAL HEALTH DURING COVID-19 FOR HEALTHCARE PERSONNEL



Pandemics are Stressful.

Many healthcare workers are encountering unprecedented circumstances that may cause moral injury. **Providing care to others during the COVID-19 pandemic can lead to stress, anxiety, fear, and other strong emotions.** Moral distress can lead to feelings of self-criticism, shame, guilt, or disgust, depression or post-traumatic stress disorder. It may affect your well-being, the care you give to others while doing your job, and the well-being of the people close to you. It is critical that you recognize what stress looks like and know where to go if you need additional support.

Immediate Help is Available.

- **Care 4 Caregivers Now: 1-800-241-2466**
Connects caregivers serving on the front lines of the pandemic with a trained peer coach
- **Physician Support Line: 1-888-409-0141**
Psychiatrists helping physicians and medical students navigate intersections of their personal and professional lives
- **Project Parachute:** Matches therapists and healthcare front-liners
- **National Suicide Prevention: 1-800-273-TALK (8255)**
- **National Domestic Violence: 1-800-799-7233** or TTY **1-800-787-3224**

ADDITIONAL RESOURCES

Build Your Resilience.

- **American Medical Association:** [Managing Mental Health During COVID-19](#)
- **American Dental Association:** [COVID-19 Mental Health Resources](#)
- **American Hospital Association:** [COVID-19 Stress and Coping](#)
- **American Nurses Association:** [Mental Health Help for Nurses](#)
- **American Organizations for Nursing Leadership:** [A Resource Compendium for Nurse Leaders](#)
- **American Psychiatric Nurses Association:** [Managing Stress & Self-Care During COVID-19 – Information for Nurses](#)
- **American Academy of Family Physicians:** [Decreasing Stress and Anxiety](#) | [Resources to Support Your Family](#)
- **Centers for Disease Control and Prevention (CDC):** [Managing Fatigue During Times of Crisis: Guidance for Nurses, Managers, and Other Healthcare Workers](#)
- **Center for the Study of Traumatic Stress:** [Fight COVID-19 with Better Sleep Health: A Guide for Hospital Workers](#) | [Supporting Families of Healthcare Workers Exposed to COVID-19](#) | [Sustaining the Well-Being of Healthcare Personnel during Coronavirus and other Infectious Disease Outbreaks](#)
- **Headspace:** Resources for mindfulness, such as meditation, sleep and anxiety (FREE access through 2020 for healthcare professionals)
- **Mental Health America:** [Frontline COVID-19 Workers](#)
- **Mindful Healthcare Collective:** A collective of physicians dedicated to providing free, evidence-based sessions (including yoga, meditation, mindfulness) to reduce stress for all healthcare professionals
- **Behavioral Health Services:** [How to manage your mental health and cope during COVID-19](#)

Cope with Stress.

- ✓ Recognize that you are performing a crucial role in fighting this pandemic and that you are doing the best you can with the resources available.
- ✓ Communicate with your coworkers about job stress. Identify factors that cause stress and work together to identify solutions.
- ✓ Access confidential mental health resources in your workplace (e.g., Employee Assistance Program)
- ✓ Try to get adequate [sleep](#) and eat healthy meals.
- ✓ Take breaks during your shift to rest, stretch, or check in with your support system.
- ✓ Do things you enjoy during non-work hours.
- ✓ Limit time spent watching, reading, or listening to news or social media.
- ✓ Engage in [mindfulness techniques](#), such as breathing exercises and meditation.
- ✓ Ask for help if you feel you may be [misusing alcohol or other drugs](#) (including prescriptions).
- ✓ Honor service. Remind yourself (and others) of the important work you are doing. Recognize colleagues for their service whenever possible.

CDC: [Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic](#) and [Coping with Stress](#) | Revised 08/06/2020 DRAFT

For the latest updates on COVID-19, visit:

www.sandiegocounty.gov/COVIDHealthProfessionals

