

Health Equity Resources *for Healthcare Workers*

The COVID-19 pandemic significantly exasperated stress, trauma, and burnout amongst healthcare workers in a field where these issues were already present. Mental health plays an important role in our daily lives. According to the National Alliance on Mental Illness (NAMI), [one in five U.S. adults](#) experience mental health illness each year.

Watch the Webinar

Ariana Gordillo De Vivero of National Association of Free and Charitable Clinics speaks on **“Mental Health, Self-Care, and Burnout at Free and Charitable Clinics Webinar”**

What is mental health and why does it matter?

- Despite any differences, chances are we experience similar ranges of emotion. Access a [visual guide to human emotion](#).
- Explore the [basics of mental health and illness](#) with the Centers for Disease Control (CDC).
- Why are healthcare workers more likely to experience mental health problems to a significant degree? View the [National Institute for Occupational Safety and Health’s \(NIOSH’s\) answer](#).
- There are various components that influence the social determinants of health and ultimately, can address our well-being and help reduce longstanding disparities in health and healthcare. Learn more about the [critical role social determinants of health](#) play with Artiga and Hinton’s (2018) brief on [“Beyond Health Care: The Role of Social Determinants in Promoting Health and Health Equity.”](#)

Strategies to Understand and Prevent Burnout

- The National Association of Free and Charitable Clinics (NAFC) strives to support healthcare professionals by assisting communities to protect medical staff and help prevent burnout. Explore their blog on [“Preventing Healthcare worker Burnout on the Path Toward Nationwide Healing”](#) with your community.
- Learn [how to spot job burnout](#) and how to combat it from the Mayo Clinic.
- Evidence-based research has determined [organizational strategies to address burnout in the behavioral healthcare workforce](#). Share this guide from the Substance Abuse and Mental Health Services Administration (SAMHSA) with your team.

For Healthcare Providers

- View the Center for the Study of Traumatic Stress (CSTS) guide on [Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks](#).
- Access the All Healers Mental Health Alliance (AHMHA) [Family-Care, Community-Care and Self-Care Toolkit: Healing in the Face of cultural Trauma](#).

For Healthcare Leaders

- Learn how your [strong leadership can mitigate physician burnout](#) from the American Medical Association (AMA). Share the [AMA STEPS Forward program](#) to overcome barriers and restore the joy in your practice of medicine.
- Practice [5 ways to improve employee mental health](#) with guidance from the American Psychological Association (APA).

About the Program

[Healthcare Ready](#) seeks to rebuild the capacity of the healthcare workforce in communities disproportionately impacted by COVID-19 with funding from the [Center for Disaster Philanthropy \(CDP\) COVID-19 Response Fund](#). In partnership with leading organizations serving clinicians and other critical staff in the healthcare workforce, "Restoring the Healthcare Workforce for Equity," provides widely accessible trainings for frontline healthcare workers and leaders on critical healthcare workforce issues. Find other resources and learn more about the program on [our webpage](#).

