

Mental Health 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. In a [survey](#) conducted from June through September of 2020, of more than 1,100 healthcare workers, 93% experienced stress, 86% reported anxiety, and 76% suffered from exhaustion and burnout.

Continuous efforts are being made to mitigate mental health issues. Access a free training on “[Social Determinants of Mental Health and the Fallout from the COVID-19 Pandemic](#)”, hosted by Healthcare Ready in partnership with All Healers Mental Health Alliance (AHMHA) through the Restoring the Healthcare Workforce for Equity program, aimed at supporting and rebuilding healthcare workforce capacity in communities navigating recovery from COVID-19 and other disasters.

Apps to Help Foster Beneficial Practices

- Use [Calm](#) to gain tips on how to reduce stress, stay calm, meditate, and sleep better.
- To manage thoughts and feelings better through guidance on mindfulness, encourage your organization to utilize [Headspace](#) or use [Shine](#) to access meditations and courses for improved mental wellness.
- Share [Liberate](#) with your team to access mediation information on topics related to ancestors, sleep, anxiety, anger, self-worth, and more.
- Check out [Mira](#) for support on trauma and post-traumatic stress disorder (PTSD).

Helpful Resources to Add to Your Toolkit

- The [National Suicide Prevention Line](#), now known as 988, provides free, confidential support 24/7 to people in distress across the United States. Call 1-800-273-TALK (8255) for support.
- [SAMHSA's National Helpline](#) is a free, confidential information service that provides treatment and support referrals 24/7 to people facing mental illness and addictions. Call 1-800-662-HELP (4357) for support.
- The [Crisis Text Line](#) provides free, confidential support via text message 24/7 to those in crisis situations. Text HOME to 741741 for support.
- The [Trevor Project](#) provides free, confidential support 24/7 to LGBTQ youth via a helpline, text, and online instant messaging system. Call 1-866-488-7386 for support.
- The [Veterans Crisis line](#) provides free, confidential support 24/7 to veterans, all service members and their family and friends in times of need. Call 1-800-273-8255 and press 1 or text 838255 for support.
- The [Trans Helpline](#) is a 24/7 peer-run hotline that provides someone to talk with is trans or non-binary for people who are trans or questioning. Call 877-565-8860 for support.
- [BIPOC Mental Health Guide: Reclaim Your Roots - The Mental Health Coalition](#) provides helpful information on mental health for communities of color as well as links to culturally centered mental health professionals and services. These resources are geared toward diverse communities including Black, Indigenous, Latin, Asian and Pacific Islanders, and Middle Eastern and North African groups.
- Learn from the [National Center for Post-Traumatic Stress Disorder \(PTSD\)](#) for information on PTSD for families and health professionals as well as where to get help and the [National Child Traumatic Stress Network](#) provides numerous tip sheets on trauma, responding to traumatic events, and information on the use of Psychological First Aid.
- For more mental health information and resources, visit the National Council for Mental Wellbeing's “[Find a Provider](#)” site.