

COVID-19 Behavioral Health Resources

GENERAL INFO: IMPACT OF CORONAVIRUS ON MENTAL HEALTH OF HEALTH CARE WORKERS

Treating coronavirus takes serious toll on health-care workers' mental health, study finds:
<https://www.inquirer.com/health/coronavirus/coronavirus-covid19-mental-health-doctors-20200327.html>

Doctors, nurses risk mental health issues amid COVID-19 outbreak:
<https://wwmt.com/news/local/doctors-nurses-risk-mental-health-issues-amid-covid-19-outbreak>

ORGANIZATIONAL GUIDELINES

Interim Guidance for Healthcare Facilities: Preparing for Community Transmission of COVID-19 in the United States:

<https://www.cdc.gov/coronavirus/2019-ncov/healthcare-facilities/guidance-hcf.html>

BUILDING RESILIENCE, REDUCING STRESS

Taking Care of Your Emotional Health:
<https://emergency.cdc.gov/coping/selfcare.asp>

Helping Children Cope with Emergencies: <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

Daily Life and Coping: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

Stress and Coping: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Coronavirus Resources: <https://www.mhamd.org/coronavirus/>

Coping with Stress During Infectious Disease Outbreaks:
<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>

Protecting Your Mental Health During COVID-19: A Message from the Maryland EIP:
<https://marylandeip.com/news>

Suicide Prevention Resource Center Resources to Support Mental Health and Coping with the Coronavirus (COVID-19): <http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

Supportive Practices for Mental Health Professionals During Pandemic-Related Social Distancing: <https://mhttcnetwork.org/sites/default/files/2020-03/MHTTC%20Social%20Distancing%202020%20Product%20FINAL.pdf>

Resources for Recovery Supports During the Pandemic:
<http://www.mdcoalition.org/blog/resources-for-recovery-supports>

COVID-19 And Mental Illness, NAMI Releases Important Information:
<https://www.nami.org/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important-Information>

Coronavirus: Mental Health Coping Strategies:
<https://www.nami.org/Blogs/NAMI-Blog/March-2020/Coronavirus-Mental-Health-Coping-Strategies>

National Center for School Mental Health (NCSMH): <http://www.schoolmentalhealth.org/COVID-19-Resources/SAMHSA>

Disaster Distress Helpline:
<https://www.samhsa.gov/find-help/disaster-distress-helpline>

COMPASSION FATIGUE

Professional Quality of Life Measure
The ProQOLis free and has been used for 15 years: <http://proqol.org/>

<http://compassionfatigue.org/>

<https://www.goodtherapy.org/blog/psychpedia/compassion-fatigue>

["Overcoming Compassion Fatigue," American Academy of Family Physicians](#)

["Compassion Fatigue Test," HealthyPlace.com](#)

Laura van DernootLipsky
Ted Talk – Beyond the Cliff:
www.youtube.com/watch?v=uOzDGrcvmus

Book

Trauma Stewardship:

<http://traumastewardship.com/laura-van-der-nootlipsky/>

FINANCIAL/BUSINESS/ORGANIZATIONAL

Work Issues --Coping with Anxiety and Work-Related Stress, Parents with Children at Home, Employees, Supervisors, Businesses, Unemployment, Insurance:

<https://www.mhamd.org/coronavirus/work-issues/>

COVID-19: A Guide for Supervisors Who Need Support While Dealing with Disruptions to Employment of Their Team Members:

https://businesshealthservices675.sharepoint.com/BHS%20Team%20Library/Forms/AllItems.aspx?id=%2FBHS%20Team%20Library%2FSTS%5FCOVID%2D19%20%E2%80%93%20A%20Guide%20for%20Supervisors%2Epdf&parent=%2FBHS%20Team%20Library&p=true&originalPath=aHR0cHM6Ly9idXNpbmVzc2hlYWx0aHNlcnZpY2VzNjc1LnNoYXJlcG9pbmQuY29tLzpiOi9nL0VWSE1LSHJzczRGTrnJoVIBWsk9TcllvQnVIUzh1SWRFUGICc2FEOS1GQVR0Snc_cnRpbWU9eGRqVHION1YxMGc

Managing telecommuters in a pandemic? Here are 8 management tips:

<https://www.zdnet.com/article/managing-telecommuters-due-to-novel-coronavirus-here-are-8-management-tips/>

A Guide to Managing Your (Newly) Remote Workers:

<https://hbr.org/2020/03/a-guide-to-managing-your-newly-remote-workers>

Tips for setting up a remote working environment:

<https://azbigmedia.com/business/workforce/tips-for-setting-up-a-remote-working-environment/>

PROFESSIONAL

Provider Resources:

<https://www.beaconhealthoptions.com/coronavirus/provider-resources/>

Emergency Responders: Tips for taking care of yourself:

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

Resources for Emergency Health Professionals:

<https://emergency.cdc.gov/health-professionals.asp>

NIOSH Fact Sheet: The Buddy System:

<https://www.cdc.gov/vhf/ebola/pdf/buddy-system.pdf>

Stress Appraisal and Coping Framework/ Psychological First Aid:

<https://www.ncbi.nlm.nih.gov/pubmed/10668055>

Mental Health (Psychological) First AidApp: PFAMobile

RELAXATION/MINDFULNESS

[Guide to Well-Being During Coronavirus](#) - Greater Good Science Center, UC Berkeley
Practices, resources, and articles for individuals, parents, and educators facing COVID-19.

[Practicing in a Pandemic](#) – Tricycle

Six new practices, plus a live talk series, and other timely resources for Buddhist practitioners.

[Coronavirus Sanity Guide](#) – Dan Harris/ Ten Percent Happier

Daily live practice sessions w/ Q&A, plus podcasts, blog posts, meditations and talks.

[4 Live Meditation Gatherings Each Day](#) – Open Heart Project / Susan Piver

15-20 Minute sit followed by a discussion to share our hopes, fears, ideas, and predicaments

[Pandemic Care Resources](#) – Dr. Tara Brach

A wealth of talks and guided practices, including some specific to the pandemic, as well as a free half-day home retreat. Tara also leads a weekly class each Wednesday night at 7:30 eastern time live on Facebook and YouTube.

[How To Work With Anxiety During the COVID-19 Pandemic](#) – NICABM

Three therapists share ways to help clients reduce anxiety and find some relief from ruminating thoughts.

[Healthy Minds Program - Free Mindfulness App](#) – Dr. Richard Davidson / Center for Healthy Minds

Neuroscience-backed meditation app / training program. By donation.

[Live Online Meditation Teaching and Community Gathering](#) – Boulder Shambhala Center

Nightly live dharma talks & meditation sessions, plus a variety of weekly offerings and special programs including BIPOC Meditation Collective, and Learn to Meditate class. Plus, a COVID-19 Support & Process Group if offered every Monday, Wednesday, & Friday Noon–1PM MDT:

[Click here to join via Zoom](#)

[Yongey Mingyur Rinpoche Message on COVID-19 Outbreak](#) – Yongey Mingyur Rinpoche

Yongey Mingyur Rinpoche shares his thoughts on the coronavirus outbreak around the world and offers an inspiring message to all those learning to live with awareness, compassion, and wisdom.

[Creating a Home Retreat: Finding Freedom Wherever You Are](#) – Dr. Tara Brach

A heartfelt message from Tara Brach in response to the coronavirus pandemic, guidelines and advice for creating a home retreat, and a link to a free half-day program (below)

[Free Half-Day at Home Mindfulness Retreat](#) – Dr. Tara Brach and Jack Kornfield / Sounds True

The material is divided into three segments of approximately 45 minutes each. With the scheduled breaks and walking meditation sessions, you will need a little more than three hours to complete this retreat.

[Guided Compassion Meditation for Anxiety](#) – Ethan Nichtern

A practice and contemplation about what you can do for yourself and others during this time of pandemic and social distancing.

[Free Mindfulness Apps Worthy of Your Attention](#) – Mindful

Recommendations and reviews of five free meditation apps.

MISCELLANEOUS

Coping with Stress and Social Isolation by Hopkins psychiatrist Karen Swartz

<https://www.youtube.com/watch?v=BngWimL4epw>

Learned Helplessness: A Theory for the Age of Personal Control, by Christopher Peterson:

https://www.amazon.com/Learned-Helplessness-Theory-Personal-Control-dp-0195044673/dp/0195044673/ref=mt_paperback?_encoding=UTF8&me=&qid=

Learned Optimism: How to Change Your Mind and Your Life, by Martin Seligman:

<https://www.amazon.com/Learned-Optimism-Change-Your-Mind/dp/1400078393>

An animated review of Seligman's book that covers the take-home points:

<https://youtu.be/2hHNq45rEnU>

Quick summary of LH: <https://www.medicalnewstoday.com/articles/325355#summary>

TED Talk from Martin Seligman, The New Era of Positive Psychology:

<https://youtu.be/9FBxfd7DL3E>

<https://positivepsychology.com/explanatory-styles-optimism/>

HOTLINES/CONTACTS FOR MOMENTS OF CRISIS

[Physician Support Line](#) - (888) 409-0141

[National Suicide Prevention Lifeline](#) - 800-273-8255

[Crisis Text Line](#) - Text "Home" to 741741

[Maryland's Helpline](#) - Please call 211 and select option 1, text your zip code 898-211, or visit 211MD.org