

COVID-19: Mental Health and Wellness Resources for Healthcare Workers

American Medical Association - Managing mental health during COVID-19

- *Strategies and resources to manage your own mental well-being while also caring for patients during the pandemic or any other crisis*
- <https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>

American Psychological Association - Pandemic Resources

- *List of resources related to coronavirus and information on pandemic preparedness*
- <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>

Centers for Disease Control and Prevention – Coronavirus Disease 2019 – Stress and Coping

- *Information for parents, responders, and those released from quarantine. Includes tips for reducing stress in yourself/others, reducing stigma, and stopping the spread of rumors*
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Center for the Study of Traumatic Stress – COVID-19 Pandemic Response Resources

- *Contains fact sheets and other resources to support the health and well-being of communities impacted by COVID-19. Resources are focused on providers, families, and leaders*
- <https://www.cstsonline.org/resources/resource-master-list/coronavirus-and-emerging-infectious-disease-outbreaks-response>

National Academy of Medicine – Resources to Support the Health and Well-Being of Clinicians During the COVID-19 Outbreak

- *Compilation of resources offering information on how to support the health and well-being of clinicians during public health emergencies, including the COVID-19 response*
- <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

University of Colorado Anschutz Medical Campus, Department of Psychiatry – COVID-19 Support

- *Various collections of relevant resources for healthcare providers, patients, students, and parents*
- <https://medschool.cuanschutz.edu/psychiatry/covid-19-support>

U.S. Department of Veterans Affairs - Managing Healthcare Workers' Stress Associated with the COVID-19 Virus Outbreak

- *Includes information on fighting stress through preparedness, dealing with stress during the outbreak, and addressing stress in the aftermath of the outbreak*
- https://www.ptsd.va.gov/covid/COVID_healthcare_workers.asp