TAKING CARE OF YOURSELF DURING COVID-19

Resources for Healthcare Workers

American Foundation for Suicide Prevention "Mental Health & COVID-19"

American Psychiatric Nurses Association (APNA) “Managing Stress and Self-Care During COVID-19: Information for Nurses”

Centers for Disease Control and Prevention (CDC) “Stress and Coping”

Centers for Disease Control and Prevention (CDC) “Emergency Responders: Tips for Taking Care of Yourself”

CDC National Institute for Occupational Safety and Health Emergency Preparedness Resources

Mental Health America “Mental Health and COVID-19: Information and Resources”

National Alliance on Mental Illness (NAMI)

National Center for PTSD "Managing Healthcare Worker’s Stress Associated with the COVID-19 Outbreak"

National Child Trauma Stress Network (NCTSN) Taking Care of Yourself Checklist

Professional Quality of Life "Helper Pocket Card"

Substance Abuse and Mental Health Services Administration

University of Colorado “Healthcare Worker Well-Being During COVID-19”

For more information, visit kdheks.gov/coronavirus