Taking Care of Your Mental Health During the COVID-19 Pandemic
Resources for Clinicians

The Infectious Diseases Society of America (IDSA) recognizes the importance of maintaining mental health among those working on the "front lines" of the COVID-19 pandemic. IDSA has created this resource to help our members and other health care providers more easily find mental health resources for themselves, their colleagues or their family members. For more information, contact IDSA staff at clinicalaffairs@idsociety.org.

Are resources available specific to the mental health needs of health care providers?
- Yes, while there are many mental health websites and types of assistance available on the internet, several organizations provide advice and information for healthcare providers including:
  - The American Medical Association's *Managing Mental Health During the COVID-19 Pandemic*. This web page offers specific advice for medical professionals.
  - The American Psychological Association created quick tips to help manage stress for health care providers.
  - UCLA Health developed a mental health awareness graphic specific to the needs of its employees that is applicable to any front-line health care worker.

Has any organization developed resources for families of front-line health providers?
- The Center for the Study of Traumatic Stress of the Uniformed Services University offers practical tips and guidance for families of health care workers.

What information is available for healthcare employers on maintaining a balanced and stable mental health workforce during the pandemic?
- The American Medical Association has a repository of information, Caring for our Caregivers to help hospital administrators and other healthcare employers assess stress and identify triggers of stress, handle work redistribution, and provide support to employees in the areas of mental health and emotional well-being.

Are there apps that may be useful in reducing stress and anxiety?
   Headspace is offering a free subscription for healthcare providers. The subscription is redeemable using your National Provider Identifier (NPI) and email address.

What if I need help immediately?
- There are several hotlines available that can provide help at any time.
  - The National Suicide Prevention Lifeline: **1-800-273-8255**
  - The Emotional PPE Project provides a hotline specific to physician needs: **1-888-409-0141**
  - The Crisis Text Line: **Text HOME to 741741**

*Disclaimer: The contents on this webpage are for informational purposes only. Always seek professional advice from a mental health professional or other qualified health care provider should you need assistance with mental health and well-being. **If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. If you're having suicidal thoughts, call 1-800-273-TALK (8255) to talk to a skilled, trained counselor at a crisis center in your area at any time (National Suicide Prevention Lifeline)***

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