Dear Healthcare Professionals,

Your *bravery, commitment* and *strength* during COVID-19 puts you in the face of unimaginable challenges.

Your feelings are **VALID**

It's easy to forget about *yourself* when you're busy helping others around you.

But we are here to remind you to **take care of yourself too**.

### Recommendations

**Meet Basic Needs** - Eat, drink, and get enough sleep.

**Take Breaks** - It is not selfish to take breaks! Whenever possible, do something unrelated to work that you find comforting, fun or relaxing.

**Connect with Colleagues** - Share how you feel with your colleagues and provide support for each other.

**Stay Connected with Family & Friends** - Staying connected with loved ones can help them support you.

**Self Check-Ins** - Monitor for symptoms of depression or stress disorder. Symptoms may include prolonged sadness, difficulty sleeping, intrusive memories, or hopelessness. Talk to a peer, supervisor, or seek professional help if you are experiencing any of these symptoms.

**Honor Your Service** - Remind yourself that despite any challenges, you are fulfilling a selfless cause. You are making a difference.

### Mental Health Resources

**SAMHSA Disaster Distress Helpline**: 1-800-985-5990 or TEXT “TalkWithUs” to 66746 to get help 24/7

**CRISIS Text line**: Text HOME to 741741

**Anxiety and Depression Association of America**: 240-485-1001

**National Suicide Prevention Hotline**: 1-800-273-8255

Thank **YOU** for all of your work! 🌟

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*Grief, exhaustion, fear, anxiety, stress*