

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

grief
exhaustion
fear
anxiety
insomnia
stress

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

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! 



UNIVERSITY OF
GEORGIA
College of Public Health

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.