



COVID-19 Medical Personnel Mental Health Resources:

Quick Reference Guide V.1

Collated by behavioral health specialists from ASPR's Eastern Great Lakes Pediatric Consortium for Disaster Response and the Western Region Alliance for Pediatric Emergency Management. This guide will be updated as evolving pandemic response information becomes available.*

Resources for Supporting Healthcare Providers, Their Colleagues, and Families

- ✓ This one-page resource developed by the Center for the Study of Traumatic Stress lists tips for sustaining the well-being of healthcare personnel during infectious disease outbreaks, including taking care of yourself, your family, and colleagues.
 - https://www.cstsonline.org/assets/media/documents/CSTS_FS_Sustaining_WellBeing_Healthcare_Personnel_during_Infectious_Disease_Outbreaks.pdf
- ✓ This four-page handout from the U.S. Department of Veterans Affairs' National Center for Post Traumatic Stress Disorder (PTSD) focuses on healthcare workers' stress associated with the COVID-19 virus outbreak; tips are given for fighting stress through preparedness, identifying sources of stress, and dealing with stress during and after the outbreak.
 - <https://www.ptsd.va.gov/covid/COVID19ManagingStressHCW032020.pdf>
- ✓ This interactive site, PTSD Coach Online, from the same source as above, offers options to choose what to work on, e.g., "Deal with trauma reminders" and "Form good sleep habits," and then users can watch a brief video along with responding to tailored prompts for behavioral strategies and quizzes to build knowledge and skills.
 - https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm#
- ✓ This 6-page handout from the World Health Organization, "Mental health and psychosocial considerations during the COVID-19 outbreak," contains messages for healthcare workers, for team leaders or managers in health facilities and for people in isolation.
 - <https://www.who.int/publications-detail/mental-health-and-psychosocial-considerations-during-the-covid-19-outbreak>
- ✓ This easy-to-read 24-page guide for Listen, Protect, and Connect (LPC)¹ offers providers with skills for being supportive of their families and colleagues. LPC is based on the principles of Psychological First Aid for listening to others' concerns, trying to help out, and connecting them with resources as needed.
 - [https://www.fema.gov/media-library-data/1499092051917-115ad4c12a44f04a93b4a37c17e99211/PFA\(1\).pdf](https://www.fema.gov/media-library-data/1499092051917-115ad4c12a44f04a93b4a37c17e99211/PFA(1).pdf)

Resources for Supporting Children

- ✓ This collection of six one-page tip sheets from the World Health Organization addresses parenting in the time of COVID-19 and covers planning one-on-one time, staying positive, creating a daily routine, avoiding bad behavior, managing stress, and talking about COVID-19.
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/healthy-parenting>
- ✓ This one-page caregiver tip sheet from the National Child Traumatic Stress Network (NCTSN) lists strategies for helping young children with traumatic grief.
 - https://www.nctsn.org/sites/default/files/resources//helping_young_children_with_traumatic_grief_caregivers.pdf
- ✓ This 22-minute long YouTube video from the American Academy of Pediatrics is created for pediatricians and provides effective communication strategies for ways to talk with and support children during the COVID-19 pandemic. Strategies for helping parents communicate with their children are also included.
 - <https://www.youtube.com/watch?v=FcYZWiF3PNc&feature=youtu.be>
- ✓ This 21-page parent booklet from the National Center for School Crisis and Bereavement reviews how caregivers can help children better understand and adjust to a death.
 - <https://www.schoolcrisiscenter.org/resources/loved-one-dies/>

Pediatric Exit Care Instructions (COVID-19)

- ✓ Rainbow Babies & Children's Hospital in Cleveland, Ohio has created a set of medical and psychosocial instructions for children with suspected or confirmed COVID-19 who are discharged to home isolation from urgent care, the emergency room, or hospital. These resources are provided in a Word document format so hospitals may download them to add their own logo and formatting.
 - <https://emscimprovement.center/domains/preparedness/covid-19-coronavirus/hospital-preparedness/>

For More Resources and the Most Current Version of this Guide

- ✓ WRAP-EM Western Regional Alliance for Pediatric Emergency Management
 - <https://wrap-em.org/>

National Contacts

- ✓ National Parent Helpline (Monday through Friday 10 a.m.–7 p.m. PDT) – call 1-855-427-2736 for emotional support and advocacy for parents
- ✓ Substance Abuse and Mental Health Services Administration (SAMHSA's) free 24-hour Disaster Distress Helpline -- 1-800-985-5990
- ✓ National Suicide Prevention Lifeline (24/7) – Call 800-273-TALK (8255); online chat support
- ✓ National Domestic Violence Hotline (24/7) – Call 800-799-SAFE (7233)
- ✓ Merritt D. Schreiber, Ph.D. m.schreiber@ucla.edu - ASPR's Western Regional Alliance for Pediatric Emergency Management
- ✓ Carolyn E. Levers-Landis, Ph.D. Carolyn.Landis@UHhospitals.org – ASPR's Eastern Great Lakes Pediatric Consortium for Disaster Response

1. Listen, Protect and Connect: family to family, neighbor to neighbor was customized by Merritt Schreiber, Ph.D. and Robin Burwitch, Ph.D. for the County of Los Angeles Department of Public Health Emergency Preparedness Response Program.

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