

TAKING CARE OF YOURSELF DURING COVID-19

Resources for Healthcare Workers



[American Foundation for Suicide Prevention "Mental Health & COVID 19"](#)



[CDC National Institute for Occupational Safety and Health Emergency Preparedness Resources](#)



[National Child Trauma Stress Network \(NCTSN\) Taking Care of Yourself Checklist](#)



[American Psychiatric Nurses Association \(APNA\) "Managing Stress and Self-Care During COVID-19: Information for Nurses"](#)



[Mental Health America "Mental Health and COVID-19- Information and Resources"](#)



[Professional Quality of Life "Helper Pocket Card"](#)



[Centers for Disease Control and Prevention \(CDC\) Coronavirus 2019 "Stress and Coping"](#)



[National Alliance on Mental Illness \(NAMI\)](#)



[Substance Abuse and Mental Health Services Administration](#)



[Centers for Disease Control and Prevention \(CDC\) "Emergency Responders: Tips for Taking Care of Yourself"](#)



[National Center for PTSD "Managing Healthcare Worker's Stress Associated with the COVID-19 Outbreak"](#)



[University of Colorado "Healthcare Worker Well-Being During COVID-19"](#)