

Confidentiality statement: The details discussed should not be shared with anyone outside of our working teams due to the sensitivity of the information being gathered in response to COVID-19. The information gathered will be shared with the Indiana State Department of Health who will be the lead for communicating the information to the appropriate internal or external audiences.

Disclaimer: This is not a clinical guideline or standard operating procedure. This is a summary of available evidence on the management of COVID-19 disease which practitioners and others engaged with Indiana's COVID-19 response may find useful.

Mental Health Resources for Providers

March 29, 2020

What mental health resources are available for providers?

Resources from the Minnesota Department of Health:

Managing Stress and the Threat of COVID-19:

https://www.health.state.mn.us/communities/ep/behavioral/stress_covid19.pdf

COVID-19 Responder Self-Triage:

<https://www.health.state.mn.us/communities/ep/behavioral/triage.pdf>

COVID-19 and Healthcare Responder Stress:

https://www.health.state.mn.us/communities/ep/behavioral/responder_covid19.pdf

Other Resources:

COVID-19: Managing Stress in this Anxious Time. Institute for Disaster Mental Health.

[https://www.newpaltz.edu/media/idmh/covid-](https://www.newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf)

[19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf](https://www.newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf). Accessed March 25, 2020.

- Acknowledge that STS can impact anyone helping families after a traumatic event.
- Learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt).
- Allow time for you and your family to recover from responding to the pandemic.
- Create a menu of personal self-care activities that you enjoy, such as spending time with friends and family, exercising, or reading a book.
- Take a break from media coverage of COVID-19.

Preliminary annotated bibliography completed by:
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- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to care for your family and patients as you did before the outbreak.

Emergency Responders: Tips for taking care of yourself. Centers for Disease Control and Prevention. <https://emergency.cdc.gov/coping/responders.asp>. Published March 19, 2018. Accessed March 25, 2020.

- Limit working hours to no longer than 12-hour shifts.
- Work in teams and limit amount of time working alone.
- Write in a journal.
- Talk to family, friends, supervisors, and teammates about your feelings and experiences.
- Practice breathing and relaxation techniques.
- Maintain a healthy diet and get adequate sleep and exercise.
- Know that it is okay to draw boundaries and say “no.”
- Avoid or limit caffeine and use of alcohol.

COVID-19: Managing Stress in this Anxious Time. Institute for Disaster Mental Health.

<https://www.newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>. Accessed March 25, 2020.

- Do what you can to take charge of your anxiety by breaking your concerns down into manageable chunks.
- Change what you can, and work on strategies for accepting and coping with what you can't.
- Limit your media exposure so you're not dwelling on the situation.
- Stay connected, through whatever means are available, to the people that are important to you.
- Above all, remember what stress management strategies work for you, and actually use them regularly to get through this challenging outbreak.

Disaster Distress Helpline

Call [1-800-985-5990](tel:1-800-985-5990) or text *TalkWithUs* to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

Crisis Text Line

Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

Employee Assistance Programs (EAPs)

Individual Hospitals and Healthcare Companies may also have Employee Assistance Program services such as IU Health's EAP benefits: <https://hr.iu.edu/benefits/eap.html>

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Literature Regarding Mental Health Impact of COVID-19 among Providers in China:

Lai J, Ma S, Wang Y, et al. Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019. *JAMA Netw Open*. 2020;3(3):e203976.

<http://dx.doi.org/10.1001/jamanetworkopen.2020.3976>

Chen Q, Liang M, Li Y, et al. Mental health care for medical staff in China during the COVID-19 outbreak. *Lancet Psychiatry*. 2020;7(4):e15–e16. [http://dx.doi.org/10.1016/S2215-0366\(20\)30078-X](http://dx.doi.org/10.1016/S2215-0366(20)30078-X)

- Participants reported experiencing psychological burden, especially nurses, women, those in Wuhan, and frontline health care workers directly engaged in the diagnosis, treatment, and care for patients with COVID-19.
- The hospital provided a place for rest where staff could temporarily isolate themselves from their family. The hospital also guaranteed food and daily living supplies, and helped staff to video record their routines in the hospital to share with their families and alleviate family members' concerns.
- Training was arranged to address identification of and responses to psychological problems in patients with COVID-19, and hospital security staff were available to be sent to help deal with uncooperative patients.
- The hospital developed detailed rules on the use and management of protective equipment to reduce worry.
- Leisure activities and training on how to relax were properly arranged to help staff reduce stress.
- Psychological counsellors regularly visited the rest area to listen to difficulties or stories encountered by staff at work, and provide support accordingly.

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