MENTAL HEALTH RESPORCES AND WEB LINKS TOOLKIT

Good Morning RHEP Committee,

A few meetings ago we spoke about the mental health of our employees during this COVID 19 response. Our partners at the VA have supplied us with a wonderful service that I am now able to share with you all. Please look at these resources and share with those in your organizations that can put these options to use.

As a nation, community, and healthcare organization, we are facing unprecedented times. Helping our employees, co-workers, and patients face these times with support, adaptive coping skills, and effective strategies is critical to leading through it, and recovering from it, successfully and stronger than before.

This toolkit as a guide to provide a framework for successfully navigating the implementation of support systems for your staff. The recommendations are compilation of best practices and we encourage you to utilize and implement in a way that best fits your current facility needs and resources.

**What is Included in the Toolkit?**

This toolkit includes a two-prong approach to providing support to employees:

* Recommendations, best practices, and examples of on-site resources that can be provided at the facility level to support the development of "Employee Support Teams" are available by clicking on each of the tiles at the bottom of this page and attached documents. These examples and suggestions could be utilized to develop additional supports for facility staff that would augment existing Employee Assistance Programs and complement support efforts already in place.

**How Do I Use the Toolkit?**

The recommendations and examples available within each of the nine tiles below are a compilation of best practices that are intended to help with developing a plan that you can share with your leadership to gain their sponsorship and support.  Please download and utilize any resources that address your facility's needs and support your plan and/or implementation of employee support services.

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Overwhelmed?  Need to talk to someone right now?

**National Suicide Prevention Lifeline - For any person in distress or their loved ones.**

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

* Call 1-800-273-TALK (8255)
* En Espanol: 1-888-628-9454
* Start a confidential chat
* Call TTY if you have hearing loss 1-800-799-4889
* Get more resources at [SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org).

**Veterans Crisis Line - We’re here anytime, day or night – 24/7.**

If you are a Veteran in crisis or concerned about one, connect with our caring, qualified responders for confidential help. Many of them are Veterans themselves.

* Call 1-800-273-8255 and press 1
* Text 838255
* Start a confidential chat
* Call TTY if you have hearing loss 1-800-799-4889
* Get more resources at [VeteransCrisisLine.net](https://www.veteranscrisisline.net/).

**Physician Support Line**

What Is Physician Support Line?  Physician Support Line is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists, joined together in the determined hope to provide peer support for our physician colleagues as we all navigate the COVID-19 pandemic.

Call 1-888-409-0141. No appointment necessary. <https://www.physiciansupportline.com/>

**Disaster Distress Helpline**

All VA employees are eligible to contact this helpline at 1-800-985-5990 or even text, "TalkWithUs" to 66746, to be connected to a trained counselor.  Help is available 24-hours-a-day, seven-days-a-week.

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**Organizing Ideas to Consider:**

• Create a schedule and have Employee Support Team members rotate being available to provide support.

• Provide multiple time slots and/or time slots where staff are most likely to be available, so access can be maximized.

• Provide opportunities for support during all shifts.

• Clearly communicate and market this live resource throughout facility, so it’s easy for staff to find and access.

• Make sure team members are aware of relevant topics that might arise and where to find related resources (e.g., recognizing burnout, psychological first aid)

• See linked resources

**Linked Resources**

[**](https://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-public-health-preparedness/training/online/mental-health-trainings.html)

[Mental Health Preparedness - Training - Johns Hopkins Public Health Preparedness Programs…](https://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-public-health-preparedness/training/online/mental-health-trainings.html)

[**](https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp)

[Psychological First Aid: Field Operations Guide - PTSD: National Center for PTSD](https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp)

[**](https://www.ptsd.va.gov/appvid/mobile/pfa_app_pro.asp)

[PFA Mobile - PTSD: National Center for PTSD](https://www.ptsd.va.gov/appvid/mobile/pfa_app_pro.asp)

[**](https://www.va.gov/WHOLEHEALTH/professional-resources/EWH-resources.asp)

[Self-Care Resources for Whole Health-All Employees](https://www.va.gov/WHOLEHEALTH/professional-resources/EWH-resources.asp)

[**](https://dvagov.sharepoint.com/%3Au%3A/s/VACOVID-19EmployeeSupportToolkit/Ea0-JmUMmOpOkVVXeBayVmEBoZt7kP9_YHGv1tAKGd5i4w?e=8R7hGf)

[Recorded Webinar\_ How MH Providers Can Care for Themselves During COVID-19](https://dvagov.sharepoint.com/%3Au%3A/s/VACOVID-19EmployeeSupportToolkit/Ea0-JmUMmOpOkVVXeBayVmEBoZt7kP9_YHGv1tAKGd5i4w?e=8R7hGf)

**Jodi**

**#RHEPCoalitionStrong**

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Response Ready \* Community Driven \* Healthcare Prepared

