| **Source** | **Description** | **Link** |
| --- | --- | --- |
| **Leadership Resources** |
| Substance Abuse and Mental Health Services Administration (SAMHSA) | Disaster Distress Helpline provides 24/7, 365 day a year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. | [Disaster Distress Helpline | SAMHSA](https://www.samhsa.gov/find-help/disaster-distress-helpline) |
| CDC | Response resources for leaders coping with a disaster or traumatic event. | [[Response Resources for Leaders to Address Psychosocial Needs in a Disaster (cdc.gov)](https://emergency.cdc.gov/coping/leaders.asp)](https://www.cdc.gov/vaccines/covid-19/covid19-vaccination-guidance.html)  |
| US Department of Health and Human Services (HHS) | A framework for stress management strategies for workers and managers.  | [Guide to Managing Stress in Crisis Response Professions](https://dhs.iowa.gov/sites/default/files/19_ManagingStressinCrisisResponseProfessions.pdf?090120211526) |
| AHCA/NCAL | Ideas to help providers prevent burnout and ensure staff feel supported at work. | [Emotional-Support-HCW.pdf (ahcancal.org)](https://www.ahcancal.org/Survey-Regulatory-Legal/Emergency-Preparedness/Documents/COVID19/Emotional-Support-HCW.pdf) |
| Center for the Study of Traumatic Stress (CSTS) | Strategies to support families of healthcare workers exposed to COVID-19  | [Supporting Families of Healthcare Workers Exposed to COVID-19 (cstsonline.org)](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Supporting_Families_of_Healthcare_Workers_Exposed_COVID19.pdf) |
| Institute for Healthcare Improvement (IHI) | Ideas for enhancing staff joy in work. | [Lessons from Nursing Home Staff to Address Burnout and Enhance Joy in Work (ihi.org)](http://www.ihi.org/communities/blogs/lessons-from-nursing-home-staff-to-address-burnout-and-joy-in-work) |
| The Emotional PPE Project | Connects healthcare workers in need with licensed mental health professionals. All services provided are free of charge. | [The Emotional PPE Project](https://www.emotionalppe.org/) |
| Planetree International | Examples of caring communication in a variety of situations people are encountering today. | [Microsoft Word - Caring Communication COVID-19.docx (planetree.org)](https://resources.planetree.org/wp-content/uploads/2020/04/Caring-Communication-COVID-19.pdf) |
| CDC/NIOSH | Fact sheet to help you understand the buddy system and how to use it. | [NIOSH Fact Sheet: The Buddy System (cdc.gov)](https://www.cdc.gov/vhf/ebola/pdf/buddy-system.pdf) |
| American Medical Association (AMA) | Two no-cost surveys to monitor the impact COVID-19 has on frontline staff during the pandemic. | [AMA Survey (clinician.health)](https://clinician.health/) |

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| **Staff Resources** |
| World Health Organization (WHO) | Guide that covers psychological first aid. | [WHO Psychological First Aid](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapps.who.int%2Firis%2Fbitstream%2Fhandle%2F10665%2F44615%2F9789241548205_eng.pdf%3Bjsessionid%3D4DCFC79A18E4F97D06E6E80DD8A478F8%3Fsequence%3D1&data=04%7C01%7Caspangler%40hqi.solutions%7C1008b7f98386437d34d108d96d57810a%7Cd2798d0f9fe24eacbdf166c9890342c9%7C0%7C0%7C637661044877954602%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=Wm%2FjJA03XgZppTx2RvSFbqZ4GR%2BaG1ASmCpqcu1IIG4%3D&reserved=0) |
| CSTS | Strategies to ensure healthy sleep | [Better Sleep Health Guide](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Fight_COVID19_w_Better_Sleep_Health.pdf) |
| Department of Veterans Affairs | Veterans Crisis Line | [Veterans Crisis Line: Suicide Prevention Hotline, Text & Chat](https://www.veteranscrisisline.net/) |
| National Alliance on Mental Illness (NAMI) | Information on managing mental health during COVID-19. | [Health Care Professionals | NAMI: National Alliance on Mental Illness](https://nami.org/Your-Journey/Frontline-Professionals/Health-Care-Professionals) |
| Center to Advance Palliative Care (CAPC) | Articles, presentations, and handouts about dealing with grief. | [Resources for Health Care Workers Experiencing Grief | COVID-19 Response Resources Hub | Center to Advance Palliative Care (capc.org)](https://www.capc.org/covid-19/resources-health-care-workers-experiencing-grief/) |
| National Institutes of Health (NIH) | Checklists and resources to improve emotional health. | [Emotional Wellness Toolkit | National Institutes of Health (NIH)](https://www.nih.gov/health-information/emotional-wellness-toolkit) |
| CDC  | Infographic with tips for clinicians to encourage taking care of yourself one small way each day. | [Clinicians-Care-for-Yourself.pdf (cdc.gov)](https://www.cdc.gov/mentalhealth/stress-coping/care-for-yourself/pdfs/Clinicians-Care-for-Yourself.pdf) |
| SAMHSA | Tip sheet that explores stress and compassion fatigue. It identifies ways to cope and enhance resilience along with resources for more information and support. | [Tips for Healthcare Professionals: Coping with Stress and Compassion Fatigue (samhsa.gov)](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-016_508.pdf) |
| SAMHSA | Wallet card that provides stress reduction tips and techniques as well as lists sources for additional assistance. | [Managing Stress during COVID-19 Pandemic (samhsa.gov)](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-01-01-013_508_070220.pdf) |
| Mental Health America (MHA) | Resources to address stress and anxiety and improve coping strategies to prevent burnout. | [COVID-19 - Frontline Workers | Mental Health America (mhanational.org)](https://mhanational.org/covid19/frontline-workers) |
| The US Department of Health and Human Services Office of the Assistant Secretary for Preparedness Response (ASPR) Technical Resources, Assistance Center, and Information Exchange (TRACIE) | ASPR TRACIE Mini Modules to Relieve Stress for Healthcare Workers Responding to COVID-19. These mini modules are designed for healthcare workers in all settings. | [ASPR TRACIE Mini Modules to Relieve Stress For Healthcare Workers Responding to COVID-19 (hhs.gov)](https://files.asprtracie.hhs.gov/documents/aspr-tracie-mini-modules-to-relieve-stress-for-healthcare-workers-responding-to-covid-19.pdf) |
| **Kansas Resources** |
| Kansas Department for Aging and Disability Services (KDADS)/Behavioral Health Services | Directory of Mental Health Resources in Kansas – May 2021. Published to provide as current information as possible on the Community Mental Health Centers services Kansas as well as other mental health resources. | [Directory of Mental Health Resources (KDADS)](https://www.kdads.ks.gov/docs/default-source/csp/bhs-documents/mental-health-resource-directory.pdf?sfvrsn=95ab29ee_116) |
| Kansas Department for Aging and Disability Services (KDADS); Kansas Department of Health & Environment (KDHE); Kansas Department of Agriculture; and Division of Emergency Management – State of Kansas | Kansas Resource Guide for COVID-19. This resource guide is meant to share accurate information and resources for the physical, mental, and emotional well-being of Kansas citizens. This is a result of a collaborative effort between state agencies such as the Kansas Department for Aging and Disability Services, Kansas Department of Health and Environment, Kansas Department of Agriculture, and the Kansas Division of Emergency Management.  | [Kansas Resource Guide for COVID-19](https://www.kdads.ks.gov/docs/default-source/covid-19/kdhe-resource-guide/kansas-resource-guide-for-covid-19.pdf?sfvrsn=8af002ee_0) |
| United Way of the Plains | 2-1-1 is a free referral and information helpline that connects people to a wide range of health and human services, 24 hours a day, 7 days a week. To contact 2-1-1- in any state, including Kansas, simply dial the numbers 2-1-1 from any phone |  |
| National Alliance on Mental Illness, Kansas Chapter | The National Alliance on Mental Illness is dedicated to improving the quality of life for people with mental illness and their families through support, education, and advocacy. This organization has chapters across the state.NAMI joined the [FirstRespondersFirst](https://thriveglobal.com/categories/first-responders-first/) initiative to support frontline health care and public safety professionals facing the adverse mental health effects of the COVID-19 pandemic. This community-centered initiative is called NAMI Frontline Wellness. | [www.namikansas.org](http://www.namikansas.org) [NAMI Affiliates - NAMI Kansas](https://namikansas.org/about-nami-kansas/nami-kansas-affiliates/)[Frontline Professionals | NAMI: National Alliance on Mental Illness](https://www.nami.org/Your-Journey/Frontline-Professionals) |
| Kansas Community Mental Health Center Directory  | This webpage provides contact information and area(s) served for all Kansas Community Mental Health Centers | [Mental Health Center Directory | Association of Community Mental Health Centers of Kansas, Inc. (acmhck.org)](http://www.acmhck.org/about-us/cmhc-directory/) |
| **Missouri Resources** |
| Red Cross | Staff Support Disaster Services | [St. Louis Area | Missouri | American Red Cross](https://www.redcross.org/local/missouri/about-us/locations/st-louis-area.html?CID=organic_bing_listings) |
| Department of Veterans Affairs | Provide veterans with the most effective treatments to combat PTSD. | [PTSD Clinical Teams - VA St. Louis Health Care System](https://www.stlouis.va.gov/services/PTSD_Clinical_Team.asp) |
| Behavioral Health Response (BHR) | Trainings designed to help individuals understand their mental health challenges as well as support coworkers and others who may be struggling. | [Training – Behavioral Health Response (bhrstl.org)](https://bhrstl.org/training/) |
| **South Carolina Resources** |
| Department of Mental Health (DHEC) | The South Carolina Department of Mental Health have resources available to help cope with stress. Visit <https://scdmh.net/> for stress anxiety, and mental health resources. | [Mental & Emotional Health (COVID-19) | SCDHEC](https://scdhec.gov/covid19/resources-community-covid-19/mental-emotional-health-covid-19) |
| **Virginia Resources** |
| Virginia Department of Behavioral Health and Developmental Services (VDBHDS) | Resources that are easy to access, free and/or covered by most insurance plans to assist front line employees receive the support they need. | [Healthcare Workers / Virginia Department of Behavioral Health and Developmental Services](https://dbhds.virginia.gov/covid19/healthcare-workers) |

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