



ORANGE COUNTY DEPARTMENT OF MENTAL HEALTH

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Checking Your Vitals

Care for COVID-19 Health Caregivers

- Headspace, an app that provides guided meditations, is [offering all U.S. healthcare professionals](#) who work in public health settings free access to Headspace Plus through 2020.
- Facebook private online peer to peer support group: COVID19 for Medical Professionals
- Mindfulness App: Mindfulness Coach by US Department of Veterans Affairs
- Online Support groups: <https://www.nyccovidcare.org/groups>

Friday at 4:57 PM · 🌐

To everyone on the front lines of the COVID-19 emergency:
We're here to support you as you continue to support New York.

Call the Emotional Support Helpline for help with anxiety, stress, depression, trauma, and grief.



Supporting others through COVID-19 isn't easy.
We are here to talk if you are feeling overwhelmed.

NEW YORK STATE
COVID-19 EMOTIONAL SUPPORT HELPLINE:
1-844-863-9314
8 AM - 10 PM, 7 days a week

 Office of Mental Health

- YouTube: **Public Health on Call-Evidence and Experts to Help You Understand Today's COVID-19 News and What it Means for Tomorrow.** In the midst of a pandemic, resilience is key for health care workers. Dr. Albert Wu, co-director of RISE—Resilience In Stressful Events—an emotional peer support structure at Johns Hopkins Hospital, talks to Dr. Josh Sharfstein about the importance of supporting hospital staff and what can be done to mitigate anxiety and stress in this unprecedented situation.
https://www.youtube.com/watch?v=MU0_GZoT-4c
- American Medical Association 'Managing Mental Health During COVID 19' for health care providers
<https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>
- National Center for PTSD and Veterans Affairs: (Article)' For Providers and Community Leaders: 'Helping People Manage Stress Associated with the COVID-19 Virus Outbreak' (Sometimes knowing how to help patients can relieve personal stress)
<https://www.ptsd.va.gov/covid/COVID19ForProviders032020.pdf>
- **CBT-i Coach** is a mobile app for people who are engaged in CBT-I with a health provider, or who have experienced symptoms of **Insomnia and would like to improve their sleep habits.** Features include: Education about CBT-i and how sleep works. Tips to help develop positive sleep routines and improve sleep environments. *Note it is designed to augment therapy, not replace it.
National Center for PTSD - Veterans Affairs <https://www.mobile.va.gov/app/cbt-i-coach>
- You Tube: Managing Stress and Anxiety in the Face of COVID-19: Mental Health Tips from Dartmouth-Hitchcock
'All of us are feeling stressed and anxious in these unprecedented times. D-HH Chief Human Resources Officer Aimee Giglio sits down with Robert Brady, PhD, the director of D-H's Anxiety Disorders Service, to talk about the anxiety we're all feeling these days, in our personal and professional lives. Dr. Brady has some strong advice on anxiety, what it is, what it isn't, and how to manage it'.
Excellent evidence-based talk on managing anxiety

<https://www.youtube.com/watch?v=u-qctBOMMBA>

- **COVID-19 Coping Tips for Health Care Workers** McLean expert Dr. Blaise Aguirre shares strategies from dialectical behavior therapy (DBT) to help mental health professionals and health care workers from all disciplines cope with the coronavirus crisis.

https://www.youtube.com/watch?v=J3Fmrh_Ed44

Resources compiled by the Orange County Trauma Institute

