



# 5 SELF CARE & MENTAL HEALTH SUPPORTS

FOR STAFF, EDUCATORS, & ESSENTIAL SERVICE PROVIDERS DURING COVID-19

## Coping With Stress



[www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html)

This CDC page outlines the warning signs for stress and mental health strain adults, children, essential service providers, and vulnerable populations may be experiencing in response to the Covid-19 Crisis. It includes recommendations for recognizing and responding to stress as well as links and phone numbers for mental health services and self care resources.

## Mental Health Crisis Support



[www.samhsa.gov/find-help/disaster-distress-helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline)

The Disaster Distress Helpline is a free, confidential, multilingual, 24-hour, year-round national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any disaster. This page directs you to services to address the stress, anxiety, and other depression-like symptoms commonly experienced by people impacted by Covid-19.

## Warning Signs and Risk Factors for Distress



[www.samhsa.gov/disaster-distress-helpline/warning-signs-risk-factors](https://www.samhsa.gov/disaster-distress-helpline/warning-signs-risk-factors)

The US Substance Abuse & Mental Health Services Administration highlights common warning signs and risk factors for emotional distress that children, teens, adults, may be experiencing in response to Covid-19, especially those providing essential services.

## Mental Health Support for Essential Workers & Frontline Staff



[thriveglobal.com/stories/coronavirus-first-responders-first-mental-health-well-being-stress-tips/](https://thriveglobal.com/stories/coronavirus-first-responders-first-mental-health-well-being-stress-tips/)

This page includes summaries, transcripts, and links to a webinar hosted by Thrive Global and the Harvard T.H. Chan School of Public Health providing tips and resources to essential workers for maintaining self-care and their own well-being while serving others during the pandemic.

## Mental Health Resources for Schools, Educators, Families and Children



[www.schoolmentalhealth.org/COVID-19-Resources/](https://www.schoolmentalhealth.org/COVID-19-Resources/)

The National Center for School Mental Health provides strategies and tools to support the mental health of school personnel, educators, students, and families during the Covid-19 crisis including: age/grade-level specific resources, leadership & administration support, crisis support & intervention, general Covid-19 information, telehealth services, virtual learning support, strategies for transition back to school, self-care & stress management.

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