



COVID EMPLOYEE WELLNESS

Volume 1: Taking Care of Yourself

Volume 2: Managing Information

Volume 3: Asking for Help

Volume 4: HealthCare Worker Self Care

You are appreciated

Help is Here

COVID-19 And YOU EMPLOYEE WELLNESS CHECK Volume 3

How are you? *You are taking care of patients under unprecedented circumstances and we want to take care of you. Thank you for your courage as you provide care to those most in need. We appreciate your many sacrifices: leaving the safety of your home, leaving your families/friends, working extra shifts, dealing with changing information and resources and managing your own fears. Your relentless commitment to caring for patients is commendable and inspiring. It's our job to take care of YOU so you can continue to take care of others.*

It's normal to be worried about yourself, your family, friends and patients. Please talk about it with others:

- Family, Friends, Support Groups, Spiritual/Religious Supports
- Therapists, mental health professionals, emotional support hotlines

If you are having trouble sleeping, difficulty concentrating, fatigue, excessive anxiety/fear, or just need some extra support, please contact our Employee Assistance Program (EAP), or other mental health professional. Supervisors & HR are available resources at your facility.

Here are some emotional support options:

EAP for UHS
XXX-XXX-XXXX

*Free Counseling sessions
(3) & Resources*

Religious
Spiritual
12 Step Support

National Suicide
Prevention Line

1-800-273-TALK

SPIRITUAL RESOURCES DURING THE COVID-19 PANDEMIC