

# Mental Health Resources for Frontline and Health Care Workers Quick Guide

NATIONAL	
Resource	Description
<a href="#">Mental Health and COVID-19 Information and Resources</a>	If you are a health care worker and are concerned about your mental health, visit Mental Health America to be screened and find resources and support. If you are experiencing a mental health crisis, call <a href="tel:1-800-273-8255">1-800-273-8255</a> to reach a 24-hour crisis center, or text MHA to <a href="tel:741741">741741</a> to reach a crisis counselor 24/7.
<a href="#">Resources to Support Mental Health and Coping with COVID-19</a>	The Suicide Prevention Resource Center (SPRC) has compiled a selection of web pages and information sheets on mental health and coping with the effects of COVID-19. These resources are a selection from key organizations in the field.
<a href="#">PeerRxMed™</a>	PeerRx is a free, peer-supported program designed to help physicians and others on the care team move toward thriving personally and professionally.
<a href="#">Nurses Together: Connecting Through Conversations</a>	Nurses during the COVID-19 pandemic are caring for, listening to and supporting their patients, families and friends daily. These sessions provide you the opportunity to share thoughts, seek support and connect with your peers.
<a href="#">NurseGroups: Resilience Groups for Nurses</a>	NurseGroups is a free, confidential, volunteer-led emotional resilience service created specifically for nurses in response to the COVID-19 crisis.
<a href="#">National Suicide Prevention Lifeline</a>	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 <a href="tel:1-900-273-8255">1-900-273-8255</a> . Veterans call <a href="tel:1-900-273-8255">1-900-273-8255</a> + 1.
<a href="#">Disaster Distress Helpline</a>	SAMHSA's Disaster Distress Helpline, <a href="tel:1-800-985-5990">1-800-985-5990</a> , provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
<a href="#">Crisis Text Line: For the Frontlines</a>	Text FRONTLINE to <a href="tel:741741">741741</a> for support to dealing with anxiety, stress, fear, isolation or other difficult emotions you are experiencing during the coronavirus pandemic.
<a href="#">Physician Support Line</a>	Physician Support Line, <a href="tel:1-888-409-0141">1-888-409-0141</a> , is a free and confidential support line service made up of 600+ volunteer psychiatrists, joined together in the hope to provide peer support for our physician colleagues and medical students.
<a href="#">COVID Coach App</a>	The VA National Center for PTSD COVID Coach app was created for everyone, including veterans and service members, to support self-care and mental health during the pandemic.
<a href="#">Happy App</a>	The Happy team and American Nurses Foundation adapted its Happy App specifically for nurses tackling daily life-and-death decisions, anxiety, stress, fear and isolation during the COVID-19 pandemic.
<a href="#">Delightful Gratitude Journal App</a>	The Delightful app is a free and private gratitude journal with prompts, themes and daily reminders. Use it to record your gratitude, an exercise shown to improve mood and outlook.
<a href="#">Virtual Hope Box App</a>	Virtual Hope Box is a multimedia coping skill app designed for individuals struggling with depression (particularly military service members). The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation and coping skill options.

IDAHO	
Resource	Description
<a href="#">Coronavirus Counseling Assistance for Frontline Workers</a>	Idaho recognizes that the stress of responding to the COVID-19 pandemic put health care professionals, first responders and other frontline professionals at an increased risk for experiencing secondary traumatic stress reactions. Call <a href="tel:1-866-536-0239">1-866-536-0239</a> today to connect to the right services for you.
<a href="#">Idaho Suicide Prevention Hotline</a>	The Idaho Suicide Prevention Hotline provides 24/7, free and confidential support for people in distress. Crisis intervention and suicide prevention support is available to you or a loved one. Call <a href="tel:1-800-273-8255">1-800-273-8255</a> or text <a href="tel:1-208-398-4357">1-208-398-4357</a> .
NEVADA	
Resource	Description
<a href="#">Nevada Warline for Health Care Workers</a>	This toll-free phone line serves as a confidential mental health resource for health care professionals to seek support before they have reached a crisis point. Call <a href="tel:1-833-434-0385">1-833-434-0385</a> Monday through Friday from 8 a.m. to 8 p.m.
<a href="#">NAMI Western Nevada Warline</a>	The warline is a stigma-free, non-crisis phone service you can call or text at <a href="tel:1-775-241-4212">1-775-241-4212</a> to speak one-on-one with trained peers in recovery.
NEW MEXICO	
Resource	Description
<a href="#">New Mexico Crisis and Access Line</a>	A program of the State of New Mexico Human Services Department, Behavioral Health Services Division providing professional mental health crisis and access lines, peer support warmline, and crisis support services. Available statewide to all New Mexicans. <ul style="list-style-type: none"> <li>• Crisis and Access Line: <a href="tel:1-855-662-7474">1-855-662-7474</a></li> <li>• Health Care Worker and First Responder Support Line: <a href="tel:1-855-507-5509">1-855-507-5509</a></li> <li>• Peer-to-Peer Warmline: <a href="tel:1-855-466-7100">1-855-466-7100</a></li> </ul>
<a href="#">Agora Crisis Center</a>	Agora Crisis Center offers a confidential help line that is staffed 24/7 by paraprofessional counselors who can provide resources and connections to behavioral health treatment. You can also call <a href="tel:1-866-HELP-1-NM">1-866-HELP-1-NM</a> or the Refugee Health Program at <a href="tel:1-505-476-3076">1-505-476-3076</a> .
<a href="#">New Mexico Connect App</a>	Smartphone app that provides free 24-hour crisis and non-crisis support and access to behavioral health professionals who can text or talk via phone with individuals needing a listening ear or referrals to longer-term support.
<a href="#">5-Actions Program</a>	If you struggle with substance use or addictive behaviors, you're not alone. The online 5-Actions Program offers you a new way to access help, when you want it, where you want it.
OREGON	
Resource	Description
<a href="#">Counseling and Support for COVID-19 Frontline and Health Workers</a>	A webpage that provides a list of psychotherapists and psychoanalysts from the Oregon Psychoanalytic Center community who are willing to meet for 2-5 consultation meetings, pro bono, with frontline workers in need of mental health support.
<a href="#">David Romprey Oregon Warmline</a>	This warmline is designed and provided by persons who have or had challenges in mental health and are able to support their Oregon peers who are struggling with a variety of mental health issues. Call toll-free at <a href="tel:1-800-698-2392">1-800-698-2392</a> .

UTAH	
Resource	Description
<a href="#">State Offers Free Counseling for COVID-Related Stress</a>	To talk to a Utah Strong Recovery Project counselor seven days a week from 7 a.m. to 7 p.m., call/text 385-386-2289 or email your first name and phone number to <a href="mailto:UtahStrong@utah.gov">UtahStrong@utah.gov</a> . After hours if you need an immediate response, please contact the Utah statewide Crisis Line at <a href="tel:1-800-273-TALK(8255)">1-800-273-TALK (8255)</a> or the SAMHSA Distress Hotline at <a href="tel:1-800-985-5990">1-800-985-5990</a> . Video chat and counseling in Spanish and other languages are available.
<a href="#">Community Crisis Intervention &amp; Support Services</a>	The Huntsman Mental Health Institute provides a number of specialty programs to prevent mental health crises and support people through them if they happen. <ul style="list-style-type: none"> <li>• Utah Crisis Line: <a href="tel:1-800-273-8255">1-800-273-8255</a></li> <li>• Utah NAMI Warmline: <a href="tel:1-801-587-1055">1-801-587-1055</a></li> <li>• <a href="#">Mobile Crisis Outreach Teams (MCOT)</a></li> <li>• <a href="#">SAFEUT Crisis Chat &amp; Tip Line</a></li> <li>• <a href="#">SAFEUT National Guard</a></li> </ul>
Resources for anyone regardless of employment	<ul style="list-style-type: none"> <li>• SAFE UT Frontline: <a href="tel:1-833-372-3388">1-833-372-3388</a></li> <li>• IHC Emotional Health Relief Hotline: <a href="tel:1-833-442-2211">1-833-442-2211</a></li> <li>• <a href="#">Physician Support Line: 1-888-409-0141</a></li> <li>• <a href="#">Accelerate Wellness Champions Play List</a></li> <li>• <a href="#">Accelerate Team Huddle Check List</a></li> <li>• <a href="#">Resiliency Center COVID Resources</a></li> </ul>
Resources for UU employees/trainees	<ul style="list-style-type: none"> <li>• Resiliency Center: <a href="tel:1-801-213-3403">1-801-213-3403</a></li> <li>• GME Wellness: <a href="tel:1-801-587-9319">1-801-587-9319</a></li> <li>• Employee Assistance Program: <a href="tel:1-801-213-8753">1-801-213-8753</a></li> <li>• Counseling Center: <a href="tel:1-801-581-6826">1-801-581-6826</a></li> <li>• <a href="#">Pulse COVID-19 Wellbeing Resources</a></li> </ul>
WASHINGTON	
Resource	Description
<a href="#">Washington Listens</a>	Washington Listens, <a href="tel:1-833-681-0211">1-833-681-0211</a> , is a free, anonymous service for anyone in the state. Washington Listens provides support to people who feel sad, anxious, or stressed due to the events of this year including COVID-19 and the wildfires. It is a partnership of several agencies from across the state to provide emotional and mental support to individuals and families during these trying times, and links to community resources.
<a href="#">Crisis Connections</a>	Crisis Connections, formerly known as Crisis Clinic, are one of the oldest crisis lines in the nation, and home to five programs focused on serving the emotional and physical needs of individuals across Washington State. <ul style="list-style-type: none"> <li>• 24-Hour Crisis Line: <a href="tel:1-866-427-4747">1-866-427-4747</a></li> <li>• King County 2-1-1: <a href="tel:1-800-621-4636">1-800-621-4636</a></li> <li>• Teen Link: <a href="tel:1-866-833-6546">1-866-833-6546</a></li> <li>• WA Recovery Help Line: <a href="tel:1-866-789-1511">1-866-789-1511</a></li> <li>• WA Warm Line: <a href="tel:1-877-500-9276">1-877-500-9276</a></li> </ul>

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