

Have you been feeling stressed, anxious,
or overwhelmed because of COVID-19?

You're not alone!

Colorado Spirit is here for you. All of our services are free, confidential, and can be conducted virtually or over the phone.



- ✓ Individual and group crisis counseling
- ✓ COVID-19 recovery support
- ✓ Tips & strategies to successfully cope with COVID-19 related emotions
- ✓ Community networking, connections, support, and resources
- ✓ Assessments and referrals to additional relief, mental health and substance use services

Consejería de crisis



individual y grupal

Técnicas para
manejar el estrés



Educación para
la comunidad



Recurso
&
Referencias





Healthcare Worker Resilience and Retention Initiative

Bridging the gap between healthcare workers and supportive resources...



...Because sustainable work requires sustainable people.



Literature Review

[Read the advisory group's white paper](#) on effective interventions to promote healthcare worker resilience and retention culture



Resources

[Find available resources](#) and interventions that address resiliency for healthcare & public health workers

Recognizing the unique needs of healthcare and public health workers, CDPHE's Office of Emergency Preparedness & Response has convened a team of CDPHE employees and over 50 healthcare representatives to form the Healthcare Worker Resilience & Retention Advisory Group. The group's main goal is to bridge the gap between health workers & responders and supportive resources. Over time, this will be done in multiple ways, with this webpage starting the process. Begin your own process of discovery with the resources above. Or, if you need to talk to someone immediately, Colorado Crisis Services provides free, confidential, and professional support, 24/7/365.

The Mental Health Of Healthcare Workers In COVID-19



Healthcare Worker Well-Being Support Line

303-724-2500

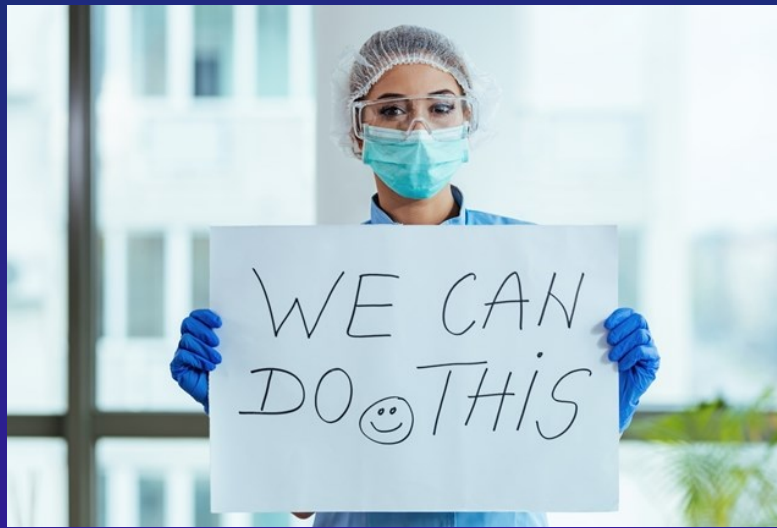
Call or text.

For More information please contact:

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Resources:

https://www.mindful.org/stress-less-this-holiday-a-mindfulness-kit-for-healthcare-professionals/?mc_cid=bbce90bedd&mc_eid=56ff8021a1

<https://www.ama-assn.org/delivering-care/public-health/caring-our-caregivers-during-covid-19>

<https://www.jnj.com/covid-19/frontline-workers>

<https://www.cdc.gov/mentalhealth/stress-coping/healthcare-workers-first-responders/index.html>

<https://www.theschwartzcenter.org/covid-19/>

<https://medschool.cuanschutz.edu/psychiatry/covid-19-support/resources-for-healthcare-providers>