AMDA Behavioral Health & Mental Health Advisory Council

Healing Together Resources

This resource list is intended to provide a variety of articles, tools, research papers, websites, and blogs on topics that support wellbeing. Categories include Provider Self-Care, Health Care Worker Stress/Issues, Trauma, Grieving/Mourning, Hotlines for National Centers, and Free Mobile Apps.

**PROVIDER SELF-CARE**

*Articles*

Self-Compassion by Kristin Neff [https://self-compassion.org/](https://self-compassion.org/)


Why Doing Nothing is So Scary and So Important" [https://www.wsj.com/articles/BL-258B-7091](https://www.wsj.com/articles/BL-258B-7091)

*Resource Center*

Helping create a more compassionate society - Greater Good Science Center at UC Berkeley [https://ggsc.berkeley.edu/](https://ggsc.berkeley.edu/)

**HEALTH CARE WORKER STRESS/ISSUES**

*Articles*


Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic [https://jamanetwork.com/journals/jama/fullarticle/2764380](https://jamanetwork.com/journals/jama/fullarticle/2764380)


Wellness Centered Leadership [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8078125/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8078125/)

Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic [https://jamanetwork.com/journals/jama/fullarticle/2764380](https://jamanetwork.com/journals/jama/fullarticle/2764380) (Anxiety Disorders | JAMA | JAMA Network)

*Blogs*

Are Your Nurses Experiencing Moral Injury? [https://www.relias.com/blog/are-your-nurses-experiencing-moral-injury](https://www.relias.com/blog/are-your-nurses-experiencing-moral-injury)

The BE-ing with Suffering blog series by Rev. Dr. Carla Cheatham [http://carlacheatham.com/carlas-blog/](http://carlacheatham.com/carlas-blog/)

Study


**TRAUMA**

*Resources and Toolkit*


SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach [https://store.samhsa.gov/system/files/sma14-4884.pdf]

Articles
Emotional and Psychological Trauma [https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm]
Pandemic-Driven Posttraumatic Growth for Organizations and Individuals [https://jamanetwork.com/journals/jama/fullarticle/2771807]
What is Survivor's Guilt? [https://www.verywellmind.com/survivors-guilt-4688743]

Grieving/Mourning

Blog
The Trouble with Mourning - [https://thefearlessheart.org/the-trouble-with-mourning/]

HOTLINES/NATIONAL CENTERS – FREE RESOURCES AVAILABLE UPON REQUEST
National Domestic Violence Hotline: 800.799SAFE (7233) - [https://www.thehotline.org/]
National Suicide Prevention Hotline: 1-800-273-8255 [https://suicidepreventionlifeline.org/]
Substance Abuse and Mental Health Services Administration: [https://www.samhsa.gov/]

FREE MOBILE APPS
Women's Center and Shelter RUSafe App: [https://www.wcspittsburgh.org/rusafe-app/]
Safety Decision-making App – myPlan - [https://www.myplanapp.org/]
Webinars

- **Self-Care and Leadership During a Crisis Webinar** with Lea Watson, MD, MPH, and Richard Juman, PsyD. Please note that there is no CME available for this webinar.

- View a free recorded webinar that discusses self-care strategies for staff in LTC.

- Relias and PointClickCare are featuring an on-demand webinar: "COVID-19"