

PHYSICIAN/PROVIDER WELLNESS RESOURCES

May 11, 2020

We sincerely thank you for all that you are doing to provide the best care possible during this crisis. We recognize that the challenges you are facing every day bring additional stress and we want to support you in any way we can. It is important to take care of yourself in order to take care of others.

Below are links to open-access resources for physicians and health care providers. In addition to these resources, COPIC has contracted with various organizations to provide our insureds with no-cost access to psychologists, psychiatrists, and licensed clinical social workers who understand the pressure they are facing. You will need to be logged in with your username and password to access these [wellness resources for COPIC insureds](#).

National Organizations and Hotlines

[Suicide Prevention Hotline: Supporting your emotional well-being during the COVID-19 Outbreak](#)—Resources provided by National Suicide Prevention Lifeline. National Suicide Prevention Lifeline is open 24/7 offering free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. 1-800-273-8255 – <https://suicidepreventionlifeline.org>

[Disaster Distress Helpline](#): 1-800-985-5990 or texting “TalkWithUs” to 66746. The Disaster Distress Helpline is a 24/7, 365-days-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States.

[National Alliance for Mental Health \(NAMI\)](#)—The NAMI *resource booklet* covers a variety of topics from experiencing anxiety, concerns about businesses, health care, substance abuse disorders, and more. NAMI also offers phone and online support if you need someone to talk to. The NAMI Helpline is open 10am-6pm, Eastern Time at 1-800-950-6264, by e-mail at info@nami.org, or by texting “NAMI” to 74141.

[Physician Support Line](#) is a national, free, and confidential support line service made up of 600+ volunteer psychiatrists, joined together in the determined hope to provide peer support for our physician colleagues as we all navigate through the COVID-19 pandemic. Call their national support line at 1-888-409-0141.

State Specific Resources and Helplines

Colorado

Care Line - [Colorado Physician Health Program](#)

The COVID-19 Care Line is for any Colorado physician or physician assistant. The Care Line helps those who are serving patients during this challenging time. By contacting the Care Line at (720) 810-9131, you

will be linked with a physician peer who will listen and discuss stresses associated with the COVID-19 crisis and with caring for those suffering from the disease. Calls to the Care Line are free of charge, are not treatment, but rather an opportunity for peer support in a confidential environment. Information provided by users will be kept confidential to the extent allowed by law.

Minnesota

- [Physicians Serving Physicians](#)
- [COVID Cares](#) – created by the Minnesota Psychiatric Society and a variety of other partners
- [Minnesota Health Professionals Services Program](#)

Nebraska

Nebraska Medical Association: COVID-19 Physician Wellness Resources
<https://www.nebmed.org/resources/lifebridge-nebraska>

Links to Self-Assessment Tools and Resources

American College of Physicians

[Supporting Clinicians During the COVID-19 Pandemic](#)

American College of Emergency Physicians

[ACEP Wellness and Assistance Program for members](#)

American Medical Association (AMA)

[6 Ways to Address Physician Stress During COVID-19 Pandemic](#)

[Caring for Our Caregivers During COVID-19](#)

[What Medical Students Need to Know About Self-Care](#)

Centers for Disease Control and Prevention (CDC)

[Coping with a Disaster or Traumatic Event](#)

[Mental Health and Coping During COVID-19](#)

National Alliance on Mental Illness (NAMI)

[COVID-19 Resource and Information Guide](#)

[Taking Care of Yourself](#)

National Institutes of Health

[Emotional Wellness Toolkit](#)

Occupational Safety and Health Administration

[Returning Home After Disaster Relief Work](#)