

Protecting the Mental Health of Healthcare Professionals

**We're here
for you.**

Oklahoma Call Center:

COVID-19 Information
Emotional Support
Resources

**1-877-215-8336
or 211**

**Suicide Prevention
Lifeline**

**1-800-273-TALK(8255)
suicidepreventionlifeline.org**

**Oklahoma Dept of
Mental Health and
Substance Abuse Services**

Find Treatment
COVID-19 Mental Health Guide
ok.gov/odmhsas/



OKLAHOMA
Mental Health &
Substance Abuse

COPING PROTECTS & HEALS

Responding to disasters can be both rewarding and stressful. Knowing that you have stress and coping with it as you respond will help you stay well.

Self-care techniques:

- Limit working hours to no longer than 12-hour shifts (when possible); take breaks.
- Work in teams and limit amount of time working alone.
- Talk to family, friends, supervisors about your feelings and experiences. Connect with your colleagues for emotional support.
- Practice breathing and relaxation techniques.
- Maintain a healthy diet and get adequate sleep and exercise.
- Limit media exposure.
- Avoid or limit caffeine and the use of alcohol, tobacco, or other drugs to cope.

[CDC Tips for Taking Care of Yourself](#)

[SAMHSA Preventing and Managing Stress](#)

[CSTS Sustaining Well-Being of Healthcare Personnel](#)

RECOGNIZE BURNOUT

It is quite normal that you are feeling under pressure in the current situation. When stress builds up it can cause burnout. It's important to self-monitor so that burnout doesn't lead to serious distress. Signs of burnout may include:

- Irritability, blaming others
- Lacking feelings, indifferent
- Sadness, depression, or apathy
- Isolation or disconnection from others
- Poor self-care/hygiene
- Tired, exhausted or overwhelmed
- Feeling like a failure, nothing you can do will help

Call your healthcare provider if stress gets in the way of your daily activities for several days in a row. People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.

MANAGERS & HEALTHCARE LEADERS

There are many ways healthcare leaders can support positive mental health among workers, including (click for resources):

- Practice compassionate leadership – listen, monitor, offer psychological safety
- Implement protective practices such as buddy systems and respite
- Ensure workers know about and can easily access mental health services & supports
- Support day-to-day employee coping practices at work
- Model positive self-care
- Support employee family needs like childcare and family reintegration after quarantine
- Address community fear and anxiety that can lead to social stigma toward healthcare professionals

[VA Managing Healthcare Workers' Stress COVID-19 Virus Outbreak](#)

[AMA Caring for our Caregivers](#)

[CSTS Supporting Families of Healthcare Workers Exposed to COVID-19](#)

[CDC Reducing Stigma](#)