

Coronavirus: How to support the mental health of your mental health workers

“Healthcare workers already had stressful jobs day-to-day. Adding the additional stresses from the COVID-19 pandemic—where there are so many unknowns—is going to be difficult on healthcare professionals. There is a lot of uncertainty about what is going to come at them and that can compound and filter into their home life. There is a range of emotions that is being felt at this stage of the pandemic.

The mental health aspect of a disaster oftentimes gets left behind. Especially for first responders and medical personnel, more attention should be given on this subject.”

Disaster Response Expert Regardt "Reggie" Ferreira, Ph.D.

<https://www.healthleadersmedia.com/clinical-care/coronavirus-how-support-mental-health-your-healthcare-workers>

Coronavirus: How to support the mental health of your mental health workers

“We fear the unknown, which creates stress. My advice is to take the situation day-by-day because it is so fluid. It's important not to look too far into the future. It's better to go day-by-day because if you try to look two or three months into the future, fear can lead to anxiety and depression.”

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Self-Care a "Selfless Act"

Toronto-based psychotherapist Karen Dougherty recommends that individuals continue to connect with loved ones while practicing social distancing. Equally important is talking to someone about the struggles people may be facing at work.

https://www.medscape.com/viewarticle/928004#vp_1

Self-Care a "Selfless Act"

"Taking care of ourselves is not a selfish act. When the oxygen masks come down on airplanes we are always instructed to put our own masks on first before helping those in need. It's a sign of strength, not weakness, to seek emotional support," said Amin Azzam MD, MA, adjunct professor of psychiatry, University of California.

However, it isn't always easy. The long-standing stigma associated with seeking help for mental health issues has not stopped for COVID-19. Even workers who are in close daily contact with people infected with the virus are finding they're not immune to the stigma associated with seeking mental health treatment, Azzam added.

https://www.medscape.com/viewarticle/928004#vp_2

The Covid-19 crisis too few are talking about: health care workers' mental health

“In the midst of this global pandemic, people are talking about the urgent and critical need for personal

protective equipment. They are sharing concerns about the impending lack of respirators and the need for testing. And they are encouraging people to #flattenthecurve through social distancing. But no one is talking about a potential mental health crisis facing health care workers on the frontlines of this pandemic.

To an outside observer, health care workers look strong and resilient in the face of the unknown. They inspire us as they go to work every day, at great personal risk, to keep others safe.

But, as a psychiatrist, I spend much of my life observing and listening — I know that their calm surface appearance is the only armor they have left. Underneath it, many health care workers are barely keeping it together. They are anxious and they are afraid. They aren't sleeping and they find themselves crying more than usual. The overall feeling in my friends, family, and co-workers is one of an impending doom and an existing gloom that is both physically and psychologically palpable."

Jessica Gold, M.D., is an assistant professor of psychiatry at Washington University in St. Louis.

<https://www.statnews.com/2020/04/03/the-covid-19-crisis-too-few-are-talking-about-health-care-workers-mental-health/>

Health care workers face a mental health crisis as they battle the coronavirus pandemic

It is no surprise then that the mental health of our providers has suffered tremendously during this pandemic. A recent study in the Journal of the American Medical Association quantifies this problem. The study surveyed more than 1,250 health care workers in China who worked in hospitals with Covid-19 patients. A significant proportion [reported](#) symptoms of depression (50.4%), anxiety (44.6%), insomnia (34.0%) and distress (71.5%). Nurses, frontline workers, women, and those working in Wuhan - the epicenter of the outbreak in China -- reported more severe symptoms.

... We need to tend to our mental health and emotional well-being.

CNN Opinion by Dr. Shahdabul Faraz

<https://www.cnn.com/2020/04/04/opinions/mental-health-crisis-coronavirus-faraz/index.html>