We’re here for you
We recognize that you are likely working through this difficult time to ensure the safety of our communities: thank you. We compiled a list of grief and self-care resources to help you during this time.

Grief Resources
- *The ADEC posts conversations with various mental health professionals.*

The Dougy Center: [https://bit.ly/2XVP4sQ](https://bit.ly/2XVP4sQ)
- *The Dougy Center provides support for children, teens, young adults and their families who are grieving a death.*

- *Watch a webinar given by the NICHQ on the social determinants of grief.*

- *What’s Your Grief has various resources such as books, movie, recipes, articles and more on how to manage grief and anxiety.*

- *Watch a video or read an article from Dr. Alan Wolfelt on the pandemic of grief.*

Self-Care Resources
- *THE APA has many resources on topics related to COVID-19 and managing mental health.*

- *Read about coping with COVID-19, anxiety and mental health.*

- *Ten Percent Happier developed a ‘sanity guide’ with meditations, podcasts, blog posts and more. The Ten Percent Happier app is free for all healthcare workers.*