



Help in Hard Times

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

Association for Death Education and Counseling: <https://bit.ly/2xSIc4N>

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

The Dougy Center: <https://bit.ly/2XVP4sQ>

- *The Dougy Center provides support for children, teens, young adults and their families who are grieving a death.*

National Institute for Children's Health Quality: <https://bit.ly/3eLpMn9>

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

What's Your Grief: <https://bit.ly/2VNPizD>

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

Center for Loss and Life Transition: <https://bit.ly/2VL4r4G>

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

Self-Care Resources

American Psychological Association: <https://bit.ly/2Kn65Et>

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

PsychCentral: <https://bit.ly/2VwqEVo>

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

Ten Percent Happier: <https://bit.ly/3eSaLQK>

- *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.*