

## COVID19 Coffee Chat Resource List

### Organizational Strategies for Supporting the Mental Health & Wellness of Providers & Staff

May 19, 2020

#### Grief

- [Death of a Colleague During the COVID-19 Pandemic Understanding and Managing Grief for Healthcare Workers and Leaders](#)
- [Grief and COVID-19: Saying goodbye in the age of physical distancing](#)
- [How to Mourn the Death of a Loved One During the COVID-19 Pandemic](#)
- [Understanding Grief in the Age of the COVID-19 Pandemic](#)

#### Podcast

- [Mindfulness in the Time of Crisis with John Gilvar](#) (C4SI, Changing the Conversation, April 8, 2020)

#### Readings & Articles

- [Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic](#) (JAMA, April 7, 2020)
- [Building Organizational Resilience in the Face of a Ubiquitous Challenge](#) (Karen Johnson, March 18, 2020)
- [Addressing Mental Health and Psychosocial Aspects of COVID19 Outbreak](#) (UN Office for the Coordination of Humanitarian Affairs; Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings, March 17, 2020)
- [Radical Healing in Times of Fear and Uncertainty Psychology Today](#) (Psychology Today, March 17, 2020)

#### Survey

- To assess participants' experience across 8 evidence-based practices that help regulate an overactive stress response, this 12-question survey, [A Pulse on HCH Staff: Self-Care and Wellness during the COVID19 Pandemic](#) was designed for staff of programs serving people experiencing homelessness. This is a practical assessment for participants to identify and lean in on strengths and hone in areas of potential growth. Each question requires participants to reflect on their experience 'before' and 'during' the COVID19 pandemic. 'Before' and 'during' can be interpreted as it best reflects one's personal and subjective experience of this timeframe. For inquiries or comments about the survey, email [tio@nhchc.org](mailto:tio@nhchc.org).

#### Toolkit

- [International Traumatic Stress Studies \(disaster response resources\)](#)
- Workbook: [Coronavirus Anxiety Workbook \(English & Spanish\)](#)

#### Training

- [APA \(now free\) Telepsychology 101](#)

#### Video

- [Trauma-Informed Practices to Address Stress Related to COVID-19](#) (ACES Aware, March 25, 2020)