

Mental Health Resources for SMART Members

- **National Suicide Prevention Hotline** 800-273-8255 <https://suicidepreventionlifeline.org>
- **SMOHIT Hotline- Daria Todor-** 877-884-6227
- **SMART MAP-** Chris Carlough 202-262-3722/Ben Cort 303-868-4020
- **Local Union Employee Assistance Programs-**Contact your local EAP
- **Empathia-** <https://www.empathia.com/promos/COVID19.php>
- **Psychology Today-Find a Therapist-** <https://www.psychologytoday.com/us>
- **Online AA-** <https://www.nyintergroup.org/remote-meetings/list/>
- **Online AI-Anon-** <https://al-anon.org/al-anon-meetings/electronic-meetings/>
- **Ace Connection-** <https://www.acesconnection.com>
- **Meditation-** Headspace <https://www.headspace.com/health-covid-19>
- **Meditation-** Insight Timer <https://insighttimer.com/>
- **Fitness- Obé** offers 100 live classes per week, plus more than 4,000 on-demand classes: yoga, pilates, dance cardio, barre www.obefitness.com
- **Fitness- Peloton** offering free 90-day subscriptions then \$12.99 / month. Live and recorded video and audio workouts for yoga, strength-training, guided runs, meditation and cycling. (you definitely don't need a bike!) <https://www.onepeloton.com/digital/checkout/digital-90d>
- **Journaling:** https://ggia.berkeley.edu/practice/expressive_writing
- **Gratitude Journal:** https://ggia.berkeley.edu/practice/gratitude_journal

COVID-19 Stress Continuum				Stress Impact Mitigation (PPE)	
Minimize exposure – Avoid unnecessary exposure. Schedule exposed check ins. Potential – Awareness of stress injury formation [MO: overwhelmed, emotional connection, helplessness, error/guilt, isolation, near-miss, fatalities] Signs & Symptoms – Ready Reacting Injured Critical (See below) Follow up – On-site debrief, one-on-one, peers/leadership, incident support Plan for exposure – Utilize peer, leadership and provisional help (for you & team members)				SAFETY <ul style="list-style-type: none"> Address identified safety concerns proactively- Encourage planning for personal life Encourage teams to be creative and make decisions to increase their safety Protect people from additional stress exposure when possible Establish a clear plan and communicate it often, through many channels Protect from rumors, continuous news updates by scheduling updates 	
IMPACT → INJURY Signs & Symptoms				CALM <ul style="list-style-type: none"> Safe zones: Create windows of time when folks can work uninterrupted by news, and allow for creativity, effective work, calm and connection during these times. Demonstrate and model calm & empathy Adjust priorities as needed to reduce conflicting demands Prioritize importance of teamwork and building morale PBR - Pause Breath Repeat 	
READY COVID-19; This is going to be hard, but we can do this.	REACTING COVID-19; and the government isn't doing anything.	INJURED COVID-19; I'm going to hide until this is over.	CRITICAL COVID-19; My life is over.	EMPOWERMENT <ul style="list-style-type: none"> Provide sideboards and resources for decision making and encourage/foster creative solutions Seek ideas and input from the team Permission to be creative with work assignments and flexibility Create structure: Including sleep and mealtimes, new work routines, plan for work from home or established practices, planned connection via meetings and check ins Encourage self-advocacy 	
<ul style="list-style-type: none"> I'm concerned (and I'm going to look for resources) Sense of Mission Realistic, concerned but moving forward Appropriate cleaning and social distancing PBR – Pause, Breath, Repeat Supporting other team members Creative connection Outward focus Motivated to respond Awareness and planning Solution Driven Kindness to self/others "We're all in this together" Practicing Gratitude 	<ul style="list-style-type: none"> I'm alarmed (and there's not enough to go around) I don't like Teleworking Short Fuse Fear based cleaning and isolation Communication breaking down Feeling there is a lack of communication Changes in personality Fatigue/weariness Teamwork breaking down Decrease in high performance No longer sharing ideas or Temporary sleep issues, eating issues, distress Spinning at work, not able to complete tasks 	<ul style="list-style-type: none"> I'm scared (and I can't stop watching the news) Lack of motivation to leave the house Physical symptoms Exhaustion Withdrawal Emotional numbness Increased use of numbing tools such as alcohol. Performance degrading Defeatist attitude Complaint Driven AVOIDANT- "this doesn't involve me, so I don't need to engage." "This is never going to end." Highly Individualized- every person for themselves." 	<ul style="list-style-type: none"> I'm terrified (and I can't breathe) Hopelessness Can't sleep Depression Thoughts of Suicide Damage to relationships Feeling lost or out of control Unable to work Complete disengagement Giving up Paranoia and Isolation Panic Can never get enough supplies Feelings of scarcity Blaming others Panic Beating yourself up 	CONNECTION <ul style="list-style-type: none"> Check in with individuals regularly Acknowledge the impacts to family and communities. Plan for sustaining connection. Encourage new and creative means of connections with peers, family, others. Practice "social distancing" without creating "social isolation" 	
				HOPE <ul style="list-style-type: none"> Lay out the path ahead, even if just short-term steps Model and encourage individual and shared gratitude practice. Sustain a resourced view that this will end "Lend" hope/if when someone runs out 	
				RESOURCES www.samhsa.gov www.responderalliance.com www.ptsd.va.gov https://store.samhsa.gov/system/files/nmh05-0210.pdf *based on COSFA stress continuum, adapted by Laura McGladrey With contribution from National Parks Service	

The "Covid Stress Continuum," which was adapted from a model developed by the U.S. Marine Corps and Navy, is a tool that helps to assess how impacted an individual is by the stresses of the current upheaval. Exhibiting reactions in the "ready" stage, for example, would indicate a psychologically healthy response; behaviors in the "critical" stage might indicate what McGladrey calls a stress injury, requiring professional support.