

Purpose: Identify free, nationally available resources for UVA healthcare workers.

4 types of Resources: Crisis or Immediate Support, Professional Mental Health Support, Peer Support, & Mobile Apps

Resource	Type of Resource	Who is it for?	What does it do?	How do I access it?
The National Suicide Prevention Lifeline	Crisis or immediate support	Anyone	Free, confidential crisis counseling 24/7/365	1-800-273-TALK (8255)
The National Crisis Text line	Crisis or immediate support	Anyone	Free 24/7/365 mental health support	Text “10-18” or “SCRUBS” to 741741 or visit https://www.crisistextline.org/
The Emotional PPE Project	Professional mental health support	Any worker in a healthcare related field impacted by the COVID-19 crisis	Directory of volunteer licensed mental health practitioners offering free services	https://www.emotionalppe.org/
Therapy Aid	Professional mental health support	Essential Workers & their adult family members	Free therapy for frontline health care professionals (individual and group support)	https://therapyaid.org/
Frontline Therapy Network	Professional mental health support	First Responders, Medical Personnel, Military, and Veterans	Six (6) free sessions of psychotherapy via telehealth	https://www.thebattlewithin.org/frontline-therapy-network
Physician Support Line	Professional mental health support	Physicians and medical students	Free phone session with a psychiatrist. 7 days a week from 8:00AM - 1:00AM ET	Call 1-888-409-0141 or visit https://www.physiciansupportline.com/
PeerRxMed	Peer Support	Physicians and healthcare workers	Free program designed to provide support, connection, encouragement, resources, and skill-building	https://www.peerrxmed.com/
Nurse Groups	Peer Support	Nurses	No-cost, confidential, videoconference groups for nurses to connect and process COVID-19 together	https://nursegroups.org/
COVID Coach	Mobile App	Everyone	Supports self-care and overall mental health during the COVID-19 pandemic	Free download from the Apple App store or Google Play or visit https://mobile.va.gov/app/covid-coach