



Behavioral Health Support for Health Care Workers

The Oregon Health Authority (OHA) appreciates the efforts of all health care workers throughout the pandemic. In your work to keep people healthy and safe, please remember that your health is important, too.

Wellness tips during COVID-19

During this time of increased stress, it's important to prioritize our mental well-being. Being gentle with ourselves and staying connected to friends and loved ones, even when we don't have daily time for the self-care we need, can help us keep balanced and stay well. Here are some ideas for supporting wellness that we hope you find helpful during this time.

Remember to eat, drink water, and get enough sleep.

These basic physical needs are the building blocks of self-care, but they're often the first things we neglect during times of stress.

Try to build some social connection into your regular routine.

It's best not to wait for sadness or loneliness to set in, because sometimes that can make it harder to reach out. People around the world are finding new ways to connect with friends, family members, and even people they don't know from a distance.

Many people find that being active is good for both their mind and body.

Outdoor exercise, alone or with your household members, can be an effective way to relax and can help combat sad or anxious feelings. You can also exercise in your own home, alone or by joining online fitness classes.

Coping during difficult times

If you're struggling with feelings of sadness, frustration, or anxiety, know that you are not alone. Some tools that some have found helpful to cope with these feelings include:

- Guided relaxation, meditation, or mindfulness exercises.
- Physical exercise.
- Writing in a journal.

- Creative expression like singing or making music, creative writing, or creating artwork.
- Taking a break from news and reducing the amount of time you spend on social media.

Mental and emotional well-being resources

Also visit OHA's [Crisis and Trauma Response](#) resources page for information and resources for workers needing support during a pandemic or crisis response; and OHA's [COVID-19 Community Resources page](#) for more behavioral health resources.

- [Racial Equality Support Line](#): A peer support line for individuals and families mentally and emotionally impacted by racism.
- [Safe + Strong Oregon](#): Information about COVID-19, emotional health, and resources for Oregon communities.
- Safe + Strong's [Behavioral Health Support Line](#): 1-800-923-HELP(4357). Callers can get free, 24-7 emotional support and resource referral to anyone who needs it.
- [How to cope with stress and build resilience during the COVID-19 pandemic](#): Guidance from the Centers for Disease Control and Prevention (CDC) for health care personnel and first responders.
- [How Right Now](#): CDC information, stories and resources to help you cope and be resilient through the COVID-19 pandemic.
- [Crisis Text Line](#): When someone is in crisis, they can text **OREGON** to 741741 to connect with a crisis counselor who will help them move from a hot moment to cool and calm. This line will run through May 31, 2022.
- [TIP NW](#): A citizen volunteer program that provides emotional support to survivors of tragedy to ease their immediate suffering and facilitate healing and recovery.

Keeping informed, healthy and safe

The following websites are also good places to find information on the COVID-19 virus and ways to stay safe and healthy during this time:

- [Oregon COVID 19 website](#).
- [Centers for Disease Control](#).
- [World Health Organization](#).

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsosha.state.or.us.