



Caring for SF Caregivers

during this public health emergency

Resources for First Responders, Health Care Workers and Disaster Service Workers

- Behavioral Health Services (BHS) is partnering with the DPH Trauma-Informed Systems Team to offer regular guided **Mindful Moments** on Mondays, Wednesdays and Fridays at 11:45am. Please join us using [this zoom link](#). (<https://zoom.us/j/656899875?pwd=bTFOaVQyQ0M1VVVQlZkUHhQQK93dz09&status=success>) You can also check out this [YouTube](#) channel for recordings of the Mindful Moments.
- **Headspace**, the mindfulness and guided meditation app, is now free for any health care provider who works in public health in the US through the end of the year <https://www.headspace.com/health-covid-19>
- **Mental Health Association of SF** [Warm Line](#) (1-855-845-7415 or [chat with them online](#)) is a non-emergency resource for anyone seeking emotional support. 24 hour hotline, 7 days a week.
- **Disaster Distress Helpline:** (800) 985-5990 or text "TalkWithUs" to 667446
- Additional **Self-Care Resources** recommended by the DPH TIS Team
 - [Real Time Resilience Strategies for Coping with Coronavirus](#) This flyer identifies 12 coping strategies based on science, emergency management, and resiliency training programs. From New Zealand Institute of Well-Being & Resilience.
 - [How Tuning into Your Body Can Make You More Resilient](#) This article offers five practices to help soothe the nervous system and help us retain a sense of safety.
 - [Grounding Technique](#) This video demonstrates a simple grounding exercise for managing anxiety. Grounding exercises promote resiliency by re-training your nervous system to be calm.
- The **COVID19 Pro Bono Counseling Project**, developed by UCSF Drs Elizabeth Rawson and Michael Levin, is devoted to [helping front-line healthcare workers](#) locate free convenient short-term psychotherapy during the COVID19 crisis. All psychotherapy will be conducted remotely (video or phone). In some cases, the therapy may continue longer-term. Staff can access this resource at <https://sites.google.com/view/cpbc-proj/home>, where they will find detailed instructions for selecting a therapist and reserving an appointment. The therapist-volunteers are a diverse group representing a variety of degree backgrounds (including some psychiatrists) and different approaches to psychotherapy. They have a number of evening/weekend appointments available, as well as some therapists who are offering short sessions (e.g. 30 minutes). Questions about the project may be directed to therapy4frontlinescovid19@gmail.com.

We understand that in the wake of the COVID-19 pandemic, we are facing unprecedented challenges. As the workforce of this city, you all continue to embody and enact the values of CCSF, and we appreciate and honor the work that you are providing to our communities.

In Solidarity, SFDPH BHS COVID-19 Response Team