

KEEPING YOU WELL AND EMOTIONALLY SUPPORTED

Oregon Chapter ACP Wellness Committee Presents Wellness & Emotional Support Resources!

We encourage all health care professionals to take care of themselves. In this time of extra high stress, we provide valuable resources for your mental health and staying healthy.



I.M. Emotional Support
Free Confidential Physician Resources, including:

- Peer support through the Physician Support Line - 1-888-409-0141
- Confidential counseling through The Emotional PPE Project and Therapy Aid Coalition
- Support resources for individuals and organizations

#IMEotionalSupport



ACP
American College of Physicians
Leading Internal Medicine. Improving Lives.

I.M. EMOTIONAL SUPPORT HUB

It's common right now to feel overwhelmed, stressed, or depressed. Taking care of ourselves and encouraging others to practice self-care sustains our ability to care for those in need.

Protect your health and well-being by connecting with easily-accessible peer support through the [Physician Support Line](https://www.acponline.org/physician-support), (1-888-409-0141) and affordable, confidential counseling is available through [The Emotional PPE Project](https://www.acponline.org/physician-support/emotional-ppe) and [The Therapy Aid Coalition](https://www.acponline.org/physician-support/therapy-aid-coalition). If you or someone you know is in crisis, **help is available 24/7**. Text 741741 or call the National Suicide Prevention Lifeline ([1-800-273-8255](https://www.suicidepreventionlifeline.org/)) or Disaster Distress Hotline ([1-800-985-5990](https://www.dhhs.gov/ncj/210331))

PEER SUPPORT

- Call the Physician Support Line ([1-888-409-0141](https://www.acponline.org/physician-support)) for free and confidential just-in-time peer support. Visit their [resource page](#) for tips to maintain and enhance your well-being.
- Partner with an accountability [buddy](#). Establish formal peer support and use quick check-ins (face-to-face, telephone, text, or e-mail) to provide encouragement and reminders.

COUNSELING

Protect your mental health and well-being by connecting with affordable, confidential counseling for health care workers through:

- [The Emotional PPE Project](https://www.acponline.org/physician-support/emotional-ppe)
- [Therapy Aid Coalition](https://www.acponline.org/physician-support/therapy-aid-coalition)
- [Psychology Today](https://www.psychologytoday.com/)

ADDITIONAL SUPPORT RESOURCES

ACP Webinars with CME

- [Mini but Mighty Skills for Well-being – Self-care](#)
 - [Professional Health and Wellness Mini-Portfolio](#): This portfolio features four 10-minute micro skills that promote self-care and professional health and wellness.
- [Positive Psychology in Times of Crisis](#)
- [Summarized Resources](#)

American Psychological Association (APA)

5 Science-based Tips for Managing Your Stress (posters and videos)

- [Calm Yourself](#)
- [Ground Yourself](#)
- [Relax Yourself](#)
- [Focus Yourself](#)
- [Celebrate Yourself](#)

SELF-COMPASSION RESOURCES

- [Self-compassion guided meditations and exercises](#)
- [Test your level of self-compassion](#)

American Federation for Suicide Prevention Resource

- [Find support for yourself or those who may be at risk](#)

Free and Confidential Mental Health Guardian Mobile Application

- [Heroes Health](#) is a free and confidential mental health mobile application that empowers healthcare workers to safeguard their mental health through consistent check-ins.

Connect Through the Arts

- Twitter #DocsWhoRock
- [Expressions of Clinician Well-being Online Art Exhibit](#)

ORGANIZATIONS and LEADERSHIP

ACP Webinars with CME

- [Addressing and Supporting Physician Mental Health during Challenging Times](#)

Peer Support

- [Peer Support for Clinicians: A Programmatic Approach](#) (has full scope, limitations, and process)
- Executive Summary from [Minnesota Resilience Action Plan \(MinnRAP\)](#)
- Peer-support [OSHU video](#) (dramatization)

American Psychiatric Association Resource

- [Guidance Document](#): Actions and Activities that a Healthcare Organization Can Take to Support Its Physician Workforce Well-Being During COVID-19 and Beyond
- [Employer Resources](#): E-learning and concise downloadable guides to help organizations support employee mental health and well-being.

Center for Study of Traumatic Stress Resources

- [Fact Sheet](#): Managing the Stress of Returning to Work after COVID-19: A Guide for Supervisors
- [Fact Sheet](#): Supporting Healthcare Professionals in Times of Disaster: Reflections on “At-Risk Employees”
- [Fact Sheet](#): Grief Leadership During COVID-19

American Federation for Suicide Prevention Resource

- [Steps for When Someone is at Risk](#)

Mental Health Guardian Mobile Application

- [Heroes Health](#) is a free and confidential mental health mobile application that empowers healthcare organizations to safeguard their healthcare workers’ mental health through consistent check-ins. mobile application that empowers healthcare organizations to safeguard their healthcare workers’ mental health through consistent check-ins.



Check out **ACP's WELL-BEING AND PROFESSIONAL FULFILLMENT WEBSITE** for individual, community, and organizational well-being resources.

- [Patients Before Paperwork](#) is an ACP initiative designed to reinvigorate the patient-physician relationship by challenging unnecessary practice.
 - [For the Frontlines](#) - free, 24/7. USA text 741741, UK text 85258, Canada text 741741
 - [Project Parachute](#) pro bono teletherapy for Covid-19 frontliners
 - [The Physician Support Line](#) - free and confidential
- [SAHMSA Disaster Distress Helpline](#): Call 1-800-985-5990 or text TalkWithUs to 66746

CME FOR WELL-BEING

Selected CME activities for well-being - [ACP Well-being and Professional Fulfillment website](#). Activities include short 10-minute recordings as well as crisis and long-term well-being management webinars for individuals and communities. Questions about well-being CME activities: acpwellbeing@acponline.org

** [Mini But Mighty Skills for Well-being](#) ** [Positive Psychology in Times of Crisis](#)

** [COVID-19: Practical Advice and Support from Internists on the Front Lines](#)

** [Optimizing Well-being, Practice Culture, and Professional Thriving in an Era of Turbulence](#)

** [Building Your Resilient Self](#) ** [Mindfulness in Medicine: What Physicians Need to Know](#)

WELLNESS RESOURCES FOR HEALTH CARE PROFESSIONALS

OREGON ACP WELLNESS TOOLKIT RESOURCES

(links, books, etc – for wellness)

https://www.acponline.org/system/files/documents/about_acp/chapters/or/acp-wellnesstoolkit-linksforwellness.pdf

OPAL PROGRAM (503-346-1000) [OPAL-C COVID-19 Clinician Stress Peer Support](#)
OPAL-K (Kids) and OPAL-A (Adults)

OREGON WELLNESS PROGRAM (541-242-2805) www.oregonwellnessprogram.org
Article by Donald Girard, MD, MACP: [Oregon Wellness Program-Girard](#)

OREGON MEDICAL ASSOCIATION www.theoma.org [OMA Wellness Resources](#)

PHYSICIAN SUPPORT LINE [Physician Support Line](#)
Physician Support Line is a **national, free, and confidential** support line service.

AMA WELLNESS BLOG POST

<https://www.ama-assn.org/delivering-care/public-health/6-ways-address-physician-stress-during-covid-19-pandemic>

[AMA Mental Health Resources to Help Physicians](#)

[AMA Guidance to Help Protect Resident and Fellow Physicians](#)

[AMA Caring for our Caregivers During COVID-19](#)

[AMA Seven Ways to Address Physicians' Pandemic Stress](#)

[AMA Five Wellness Task Force Tactics for Physician Health](#)

[AMA Virtual resilience rounds help physicians navigate moral distress](#)

MISC

[American Foundation for Suicide Prevention](#) | [Depression and Bipolar Support Alliance](#) | 800-826-3632

[Federation of State Physician Health Programs](#) | 978-347-0603 | [Legacy Health's Wellness Resources](#)

[Hazelden Treatment Program for Health Care Professionals](#) | 800-257-7800

[National Suicide Prevention Lifeline](#) | 800-273-TALK (8255) | [Emergency Responders: tips-taking care of yourself](#)

[Lane County Medical Society Provider Wellness Program](#) | 541-686-0995

[Oregon Health and Science University Resident & Faculty Wellness Program](#)

[Oregon Medical Board Wellness Resources](#) | 971-673-2700

[PeaceHealth's Wellness Resources](#) | [The Foundation for Medical Excellence](#) | 503-222-1960

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