Resources to Support Your Mental Health During the COVID-19 Outbreak and Climate Crises

Welcome!

This site of resources for coping and emotional health has been developed for the benefit of our whole community - UCSF staff, faculty, students, patients, providers, Bay Area families, and the public at large. Please share it with others. This is a very challenging time and we all must step up to maintain our well-being and help one another. We are here to support you.

This is an evolving, living website that will be updated to respond to the emerging demands of the COVID-19 pandemic and unprecedented natural disasters stemming from climate change.

We have tried to address special situations and mental health needs caused or worsened by these crises. On this site, our faculty offer their best advice and resources on how to maintain good mental health while practicing physical distancing, particularly during this period of ?shelter in place.? We are all flooded with information and advice, so we have curated the information for you and your loved ones. There are many links to online wellness resources, prioritizing those that are free. If you have suggestions for additional content, please let us know us at ame.center@ucsf.edu [1].

Medical information about COVID-19 can be found at coronavirus.ucsf.edu [2].

Protecting your own wellness will also help those around you. Together we can become a more stress resilient community during this difficult period. Stay well and safe.

With warm regards,
UCSF Department of Psychiatry and Behavioral Sciences

A note to frontline providers

Those of you who are working with patients need extra support. You are heroes of this pandemic. You are likely to be facing both personal and professional challenges, and it is essential that you continue self-care and take breaks. Please consider immediately using one of the high-quality digital health apps [3], now free to providers, that can support your mental health or one of the referral resources [4] for counseling.

Further resources for UCSF community members can be found at coronavirus.ucsf.edu/emotional-health-wellbeing-resources [5]. UCSF Health faculty, staff, and learners can also request to speak with a trained peer supporter [6] to help you or your team through the Caring for the Caregiver Program [7].

[8]

The San Francisco VA Health Care System has also assembled a comprehensive mental health resource list [9] for health care providers, including these quick self-care tips for you as a provider [10] and as a human being [11]. You can see videos from our weekly webinar series [8].

Many patients are coming to non-mental health clinical settings to report mental health issues (e.g., anxiety, insomnia) during this crisis. In addition, we have seen an increase in interpersonal violence and alcohol/drug misuse. Here are some resources and recommendations for your patients:

- Conduct an Alcohol Use Disorders Identification Test (AUDIT) screening [12] at each clinical visit
- Provide interpersonal violence resources [13] to all women in the after visit summary
- Provide self-management tools [14] for anxiety and insomnia

As health care providers, we know that you may be struggling yourself with these issues. Please remember how important it is to care for yourself as well during this difficult time. If you

are a UCSF provider, please see the information below for more information on how we can support you.

[15]

Our department, in partnership with UCSF Human Resources and the Center for Digital Health Innovation, has also launched a new program specifically for UCSF faculty, staff, and trainees ? the UCSF Employee Coping and Resiliency Program [15] ? to provide additional support to our valued colleagues who are experiencing anxiety, stress, and distress related to the COVID-19 pandemic and its impact on work and family life.

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Website design and maintenance is provided by department communications director Nicholas Roznovsky. Content development and resource curation are provided by Elissa Epel, PhD, and Elena Fromer of the UCSF AME Center. Please email any comments or suggestions to Elissa Epel and Elena Fromer at ame.center@ucsf.edu[1].

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Contact Us
Psychiatry Intranet
UCSF Webmail
UCSF Main Site

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Source URL (modified on 11/18/2020 - 5:16pm): https://psych.ucsf.edu/copingresources

Links
[1] mailto:ame.center@ucsf.edu
[2] https://coronavirus.ucsf.edu
[3] http://psychiatry.ucsf.edu/coronavirus/apps#b
[4] http://psychiatry.ucsf.edu/coronavirus/seekinghelp#a
[5] https://coronavirus.ucsf.edu/emotional-health-wellbeing-resources
[6] https://ucsf.co1.qualtrics.com/jfe/form/SV_9B2yiIL7wzXDCbb
[7] https://caringforthecaregiver.ucsf.edu/
[8] https://psych.ucsf.edu/copingresources/webinars
[9] https://drive.google.com/open?id=1XgBaDLSAVvrY_hnl7PW3rGX5ZBamyNln
[10] https://drive.google.com/file/d/1w9DNmwyeF33Jj8geF0EfEQGA0ECdYIAv/view
[11] https://drive.google.com/file/d/1wStrorayTH32wY1vdi7QjDkO6jg7kz4p/view

[12] https://www.drugabuse.gov/sites/default/files/files/AUDIT.pdf

[13] https://www.leapsf.org/pdf/ARISE-IPV-COVID19-FOR-HEALTHCARE-PROVIDERS.pdf

[14] http://psychiatry.ucsf.edu/coronavirus/apps#a

[15] https://psych.ucsf.edu/cope

[16] https://psychiatry.ucsf.edu/copingresources/holidays

[17] https://psychiatry.ucsf.edu/copingresources/election

[18] https://psych.ucsf.edu/copingresources/apps

[19] https://psych.ucsf.edu/copingresources/covid19

[20] https://psychiatry.ucsf.edu/copingresources/covid19#a

[21] https://psychiatry.ucsf.edu/copingresources/covid19#e

[22] https://psychiatry.ucsf.edu/copingresources/covid19#f

[23] https://psychiatry.ucsf.edu/copingresources/covid19#g

[24] https://psychiatry.ucsf.edu/copingresources/covid19#b

[25] https://psychiatry.ucsf.edu/copingresources/covid19#h

[26] https://psychiatry.ucsf.edu/copingresources/covid19#c

[27] https://psychiatry.ucsf.edu/copingresources/covid19#d

[28] https://psych.ucsf.edu/copingresources/seekinghelp

[29] https://psychiatry.ucsf.edu/copingresources/seekinghelp#a

[30] https://psychiatry.ucsf.edu/copingresources/seekinghelp#b

[31] https://psychiatry.ucsf.edu/copingresources/seekinghelp#c

[32] https://psych.ucsf.edu/copingresources/families

[33] https://psychiatry.ucsf.edu/copingresources/families#a

[34] https://psychiatry.ucsf.edu/copingresources/families#b

[35] https://psychiatry.ucsf.edu/copingresources/families#aa

[36] https://psychiatry.ucsf.edu/copingresources/families#bb

[37] https://psychiatry.ucsf.edu/copingresources/families#c

[38] https://psychiatry.ucsf.edu/copingresources/families#d

[39] https://psychiatry.ucsf.edu/copingresources/families#e

[40] https://psychiatry.ucsf.edu/copingresources/families#f

[41] https://psychiatry.ucsf.edu/copingresources/families#g

[42] https://psych.ucsf.edu/copingresources/olderadults

[43] https://psychiatry.ucsf.edu/copingresources/olderadults#a

[44] https://psychiatry.ucsf.edu/copingresources/olderadults#b

[45] https://psychiatry.ucsf.edu/copingresources/olderadults#c

[46] https://psychiatry.ucsf.edu/copingresources/olderadults#d

[47] https://psychiatry.ucsf.edu/copingresources/olderadults#e

[48] https://psychiatry.ucsf.edu/copingresources/olderadults#f

[49] https://psych.ucsf.edu/copingresources/other

[50] https://psychiatry.ucsf.edu/copingresources/other#a

[51] https://psychiatry.ucsf.edu/copingresources/other#b

[52] https://psychiatry.ucsf.edu/copingresources/other#c

[53] https://psychiatry.ucsf.edu/copingresources/other#d

[54] https://psychiatry.ucsf.edu/copingresources/anti-racism

[55] https://psychiatry.ucsf.edu/copingresources/anti-racism#a

[56] https://psychiatry.ucsf.edu/copingresources/anti-racism#b

[57] https://psychiatry.ucsf.edu/copingresources/anti-racism#c

[58] https://psych.ucsf.edu/copingresources/wildfires

[59] https://psychiatry.ucsf.edu/copingresources/wildfires#a

[60] https://psychiatry.ucsf.edu/copingresources/wildfires#d

[61] https://psychiatry.ucsf.edu/copingresources/wildfires#e

[62] https://psychiatry.ucsf.edu/copingresources/wildfires#i