



SCHOOL OF  
MEDICINE

OFFICE OF PROFESSIONAL  
WELLBEING

## Special Resources for All Front Line Providers during COVID-19

1. [New Mexico Health Care Worker and First Responder Support Line](#) – Professional counselors are here to hear you 24/7/365 - always free and confidential - 855-507-5509
2. [COVID-19 Frontline Responders Support Group](#) - Sponsored by the NYC affiliate of the National Alliance for Mental Illness. Free support group meetings for any professional on the frontlines of COVID-19 treatment meets virtually every second and fourth Monday of the month from 6:30 p.m. to 7:30 p.m. EST.
  1. The support group will include:
    1. Confidential and professional support
    2. Peer support
    3. Techniques to build resilience
    4. Support for family members
    5. Details on how to identify signs of a potential mental health emergency
  2. Interested individuals can connect via Zoom or by phone. To join with video, please [click here](#). To join by phone, please dial 646-558-8656 (meeting ID: 878 1451 4220, password: 588513).
3. [Physician Support Line](#) - 1 (888) 409-0141 - This help line, staffed by volunteer psychiatrists, offers free and confidential peer support to physicians in the U.S. The line is available daily by calling 1 (888) 409-0141 from 8 a.m. to 3 a.m. EST seven days/week.
4. <https://www.emotionalppe.org/> - The Emotional PPE Project connects healthcare workers in need with licensed mental health professionals who can help. No cost. No insurance. Just a trained professional to talk with.
5. <https://project-parachute.org/> - Stephanie Zerwas, a psychologist in private practice at Flourish Chapel Hill as well as Associate Professor at UNC Psychiatry, is working in cooperation with Eleos Health to provide pro-bono therapy for front line health care professionals.
6. <https://mhanational.org/covid19/frontline-workers> - Mental Health of America provides a clearinghouse of free mental health resources for all frontline providers.
7. <https://www.forthefrontlines.org/> - Offers free crisis counseling to all frontline healthcare workers. Text FRONTLINE to 741741.
8. [SAMHSA](#) - Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.
9. [Talkspace COVID-19 Resources](#) - Provides online therapy with a licensed therapist. There is a cost associated with this service, but they take insurance and offer discounts.



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