Well-Being in the Workplace:
Support and Resources for Coping with COVID-19 Stress

COVID-19 has added uncertainty when it comes to our physical, mental and financial health and well-being. As a result, it is normal, reasonable and understandable for anyone to be having a tough time or to be struggling with anxiety, depression, addiction, or other mental or behavioral health concerns.

Maybe you have noticed that you are:
- Feeling more uncertain, nervous, anxious, irritated, lonely or angry
- Feeling like you are numb or in denial
- Lacking motivation or having a hard time concentrating
- Tired, overwhelmed or burned out
- Feeling sad or depressed, or experiencing lowered self-esteem
- Experiencing changes to your sleeping or eating patterns
- Using more tobacco, alcohol and/or other substances

These can be signs of stress, and they may come and go in varying degrees or combinations.

It’s important to know:
- COVID-19 has affected everyone in one way or another.
- Feeling mild, moderate or extreme symptoms of stress is understandable.
- Help is available. If you do not know who to call, start by dialing 2-1-1 or see the resources on page 2. Someone is within reach 24/7/365.

be kind to your mind
Managing Stress

**Resilient Wisconsin** (https://www.dhs.wisconsin.gov/resilient/index.htm) offers strategies for practicing self-care, maintaining social connections, and reducing stress and anxiety. The U.S. Centers for Disease Control and Prevention also has tips for managing job stress during COVID-19, including:

- Do things you enjoy during non-work hours.
- If possible, communicate regularly and openly with your coworkers, supervisors and employees.
  - Identify things that cause stress and work together to identify solutions.
  - Find out how to access mental health resources through your workplace.
- Increase your sense of control by developing a consistent daily routine when possible.
  - Keep a regular sleep schedule.
  - Take breaks from work to stretch, exercise or check in with your supportive colleagues, coworkers, family and friends.
  - Spend time outdoors, either being physically active or relaxing.
  - If you work from home, set a regular time to end your work for the day if possible.
  - Practice mindfulness techniques: [http://www.mindful.org/](http://www.mindful.org/) is one resource.
- Take breaks from watching, reading or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and mentally exhausting.
- Connect with others. Talk with people you trust about your concerns, how you are feeling or how the pandemic is affecting you.
- Check on others. Helping others improves your sense of control, belonging and self-esteem.
- Reach out if you are having a tough time. You are not alone, and support is available.

Work-based Resources

- If you have health insurance through your job, mental health, behavioral health or treatment services may be available. Check with your human resources (HR) department or health insurance company.
- Your employer may offer an employee assistance program with a range of supports and information. You can find out from your manager or HR department if this is available to you.

Screening Tools, Hotlines and Virtual Meetings

- [MHA mhanational.org](https://screening.mhanational.org/screening-tools) has online screening tools for anxiety, depression, PTSD and more. Screenings for anxiety and depression are also available in Spanish.
- The [Wisconsin Department of Health Services](https://www.dhs.wisconsin.gov/covid-19/help.htm) has a list of helplines, hotlines and virtual meetings for different concerns and issues. (Scroll through the page to explore a number of resources.)

Mental Health Providers or Treatment Services

- [SAMHSA’s National Helpline](https://www.samhsa.gov/findhelp/national-helpline) 1-800-662-HELP (4357), TTY 1-800-487-4889, and [Treatment Services Locator](https://findtreatment.samhsa.gov).
- [Wisconsin Addiction Recovery Helpline](https://211wisconsin.communityos.org/addiction-helpline) dial 2-1-1.
- [Interactive Map of Selected Federally Qualified Health Centers](https://data.cms.gov/Government/Map-Selected-Federally-Qualified-Health-Center-FQH/hqut-bhwm).

For Immediate Help

For a life-threatening situation, call 911. For a crisis situation, call your county crisis line: [https://www.preventsuicidewi.org/county-crisis-lines](https://www.preventsuicidewi.org/county-crisis-lines). For a crisis situation, call [Disaster Distress Helpline](https://www.samhsa.gov/disaster-preparedness) 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for Spanish or Hablamos for Spanish to 66746.

- [National Suicide Prevention Lifeline](https://www.suicidepreventionlifeline.org) 1-800-273-TALK (8255) for English, 1-888-422-4454 for Spanish.
- [HOPEline text service](https://www.hopeline.org/): Text HOPEline to 741741 for free emotional support services.
- [National Domestic Violence Hotline](https://www.thehotline.org) 1-800-799-7233 or text LOVEIS to 22522.
- [National Child Abuse Hotline](https://www.childhelp.org/hotline) 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453.
- [National Sexual Assault Hotline](https://rains.org) 1-800-656-HOPE (4673) or [Online Chat](https://hotline.rainn.org/online).
- [StrongHearts Native Helpline](https://www.stronghearts helpline.org/about) 1-844-762-8483. Confidential, anonymous, culturally appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. Central Time.
- [LGBT National Hotline](https://www.glbthotline.org/national-hotline.html) 1-888-843-4564
- [Trans Lifeline](https://www.translifeline.org/hotline) 1-877-565-8860. Peer support run by trans people, for trans and questioning callers.
- [Veterans Crisis Line](https://www.veteranscrisisline.net) 1-800-273-TALK (8255), [Crisis Chat](https://www.veteranscrisisline.net/get-help/chat), or text: 8388255.