



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/> 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/find-help/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>)

Disaster Distress Helpline (<https://www.samhsa.gov/disaster-preparedness>) 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746.

National Suicide Prevention Lifeline (<http://www.suicideprevention-lifeline.org>) 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish

HOPELINE text service

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://rainn.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.