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Resources to Support the Health and Well-Being of Clinicians During the COVID-19 Outbreak

In the face of the unprecedented challenges created by the COVID-19 pandemic and the accompanying global public health emergency, the National Academy of Medicine's [Action Collaborative on Clinician Well-Being and Resilience](#) is giving its attention to this issue.

Even before the COVID-19 outbreak, many clinicians already faced burnout, as well as stress, anxiety, depression, substance abuse, and even suicidality. Now this crisis is presenting clinicians with even greater workplace hardships and moral dilemmas that are very likely to exacerbate existing levels of burnout and related mental health problems.

The following resources offer more information on how to support the health and well-being of clinicians during public health emergencies, including the COVID-19 response.

[View Clinician Well-Being Strategies During COVID-19](#)[View More COVID-19 Resources](#)

Resources to Support the Health and Well-Being of Clinicians During COVID-19 by Source

Global Health Organizations

World Health Organization

[Coronavirus Disease \(COVID-19\) Outbreak: Rights, Roles, and Responsibilities of Health Workers, Including Key Considerations for Occupational Safety and Health](#)

[Occupational Safety and Health During Public Health Emergencies – A manual for protecting health workers and responders](#)

Fatigue (pgs. 47-50)

Psychosocial stress during outbreaks and emergencies (pgs. 50-55)

Personal protective equipment (pg. 100)

[Psychological First Aid: Guide for Field Workers](#)

U.S. Government Agencies

U.S. Department of Health and Human Services, U.S. Centers for Disease Control and Prevention, National Institute for Occupational Safety and Health

[Guidance for employers on the protection of workers from COVID-19](#)

Highlights resources available for the protection of workers in business, health care, laboratory, and transportation settings

Includes information on infection control and personal protective equipment in healthcare and non-healthcare settings

Resources for Emergency Responders

Traumatic incident stress

Long work hours, and fatigue training for emergency responders

Emergency responder health monitoring and surveillance

U.S. Department of Health and Human Services, U.S. Centers for Disease Control and Prevention, Coronavirus Disease 2019

Mental Health and Coping During COVID-19

Emergency Responders: Tips for taking care of yourself

Reducing Stigma

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration

Coping with Stress During Infectious Disease Outbreaks

Taking Care of Your Behavioral Health During an Infectious Disease Outbreak

Preventing and Managing Stress: Tips for Disaster Responders

Understanding Compassion Fatigue: Tips for Disaster Responders

Returning to Work: Tips for Disaster Responders

Helping Staff Manage Stress When Returning to Work

[Tips for Survivors: Coping with Grief After a Disaster or Traumatic Event](#)

[Disaster Distress Helpline](#) (brochure)

[SAMHSA Disaster App](#) (including help for survivors of infectious disease epidemics)

[SAMHSA Disaster App YouTube video](#)

[Disaster Behavioral Health Preparedness and Response Resources](#)

[Identifying Substance Misuse in the Responder Community](#)

[Tips for Survivors of a Disaster or Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life](#)

[Having Trouble Coping After a Disaster? Talk With Us. Disaster Distress Helpline Wallet Card.](#)

U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Mental Health

[Coping with Traumatic Events](#)

U.S. Department of Labor, Occupational Safety and Health Administration (OSHA)

[Resilience Resources for Emergency Response](#)

U.S. Department of Defense, Military Health System, Uniformed Services University of the Health Sciences, Center for the Study of Traumatic Stress

[COVID-19 Pandemic Response Resources](#)

[Sustaining the Well-Being of Healthcare Personnel During Coronavirus and Other Infectious Disease Outbreaks](#)

[Grief Leadership During COVID-19](#)

[Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know](#)

[Psychological Effects of Quarantine During the Coronavirus Outbreak: What Public Health Leaders Need to Know](#)

[Leaders' Guide to Risk Communication In The Face of Coronavirus and Other Emerging Public Health Threats](#)

[Coronavirus Preparedness & Response: Critical Elements for Business Planning](#)

[Mental Health and Behavioral Guidelines for Preparedness and Response to Coronavirus and Other Emerging Infectious Outbreaks](#)

Associations and Organizations

American College of Occupational and Environmental Medicine

[Call on Congress to Protect Health Care Workers and First Responders from COVID-19](#)

[Webinar: Protecting Health Care Workers – Lessons Learned from Taiwan and Italy](#)

American College of Physicians

[COVID-19: An ACP Physician's Guide and Resources](#)

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

[Coronavirus Disease 2019 \(COVID-19\): Information for Internists](#)

[COVID-19 Telehealth Coding and Billing Information](#)

American Medical Association

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

[Caring for Caregivers During COVID-19 Crowdsourcing Solutions](#)

[Quick Guide to Telemedicine in Practice \(includes billing information\)](#)

[CPT Codes for COVID-19](#)

[Physician's Guide to COVID-19](#)

American Psychiatric Association

[Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks](#)

American Psychological Association

[Recovering Emotionally from Disaster](#)

Antares Foundation

Managing Stress in Humanitarian Workers: Guidelines for Good Practice

Chaplaincy Innovation Lab

[Resources for Chaplains During COVID-19](#)

SurgeonMasters

[Webinars: Surgeon Wellness During COVID-19 Community Focus Group](#)

Health Care Providers and Schools of Health Professions

Icahn School of Medicine at Mt. Sinai

[System-Wide Well-Being Staff Resources During COVID-19](#)

#REVAMP_CoV2: *REVAMPing* COVID-19 Individual and Community Well-Being and Resilience Campaign, initiated by medical trainees for health professionals

A [hashtag](#) (#REVAMP_CoV2) for social media, to share stories of positivity, gratitude, awe, and the inspiring acts that are happening all around us

An [Instagram account](#) (@REVAMP_CoV2) for updates, tagging, building community, a place to turn to seek advice or wisdom on how to be well during this time

A [Facebook page](#) (Revamp_CoV2) for all of the above

The Ohio State University, Office of the Chief Wellness Officer

[Staying Calm and Well in the Midst of the COVID-19 Storm Webinar Series](#)

Peer-Reviewed Journals, Textbooks, and Trade Press

Annals of Internal Medicine

[Supporting Clinicians During the COVID-19 Pandemic](#)

Cambridge University Press, Textbook of Disaster Psychiatry

Chapter – [“Pandemics: Health Care Emergencies”](#)

Disaster Prevention and Management

[Evaluation of an organization-based psychological first aid intervention](#)

JAMA

[Supporting the Health Care Workforce During the COVID-19 Global Epidemic](#)

[Older Clinicians and the Surge in Novel Coronavirus Disease 2019 \(COVID-19\)](#)

Psychiatric Times

[The Role of Psychiatrists During the Coronavirus Outbreak](#)

We will continue to expand our knowledge and update these resources to strengthen the health care and public health community's response to the challenges ahead.

For questions on the Action Collaborative on Clinician Well-Being and Resilience's response to COVID-19, contact ClinicianWellBeing@nas.edu.

Join the clinician well-being and coronavirus [mailing lists](#) for related updates.

[Clinician Well-Being Collaborative Homepage](#)

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