



Mental Health Resources for Nurses

Working in healthcare is rewarding, but can also be stressful.

Resources can be difficult to locate when needed. Here's a helpful list.

ONLINE RESOURCES

A variety of free and low-cost online support options for nurses are available online

Therapy

- [Oregon Wellness Program](#) Free Wellness Support for Oregon providers by Oregon provider
- [The Emotional PPE Project](#) A free service that connects healthcare professionals with licensed mental health specialists
- [Therapy Aid Coalition](#) Free online therapy sessions for frontline healthcare professionals

Peer to Peer Programs

- [Disaster Response Assets Network](#) Crisis support for frontline responders and healthcare professionals
- [NurseGroups](#) No-cost, confidential, video support for nurses
- [Frontline Professionals - NAMI Oregon](#) - Immediate help for nurses or those dealing with suicide.
- [Peer RxMed](#) Immediate help for nurses or those dealing with suicide
- [WisPAN](#) Peer support for nurses by nurses- Open to OR nurses
- [NPSNetwork](#) Nurses Peer Support Network- Open to OR nurses

Screenings & Referrals

- [ANA Nurse Suicide Prevention & Resilience](#) Immediate help for nurses or those dealing with suicide
- [UC San Diego: HEAR Program](#) Confidential support and resources for healthcare providers in need

Tools

- [Self-Care for Healthcare Workers](#) Breathing exercises, yoga and meditation
- [Don't Clock Out](#) A nonprofit to support healthcare workers through the impacts of moral distress
- [Rekindled Nurse](#) A nonprofit network to empower, support & encourage nurses
- [Operation Happy Nurse](#) A nonprofit community to help nurses battle anxiety, work-related stress and depression
- [The Nursing Beat](#) A daily digital newsletter for nurses
- [Purpose People](#) A complete community for nurses
- [Self-Care Catalyst](#) Helping nurses transform their lives from burnout to thriving
- [Healthy Nurse Healthy Nation](#) An ANA program designed to improve nurse health nationwide
- [Osmosis Nursing Resilience Course](#) A free course to understand and cope with stressors
- [NurseJournal](#) Career and education resources for nurses
- [American Holistic Nurses Association](#) Providing a pathway to holistic nursing

Mental Health Resources for Nurses

(continued)

APPS/Podcasts

Several apps have been specifically designed to support front line workers. Download from your app store.

- Heroes Health An app to help healthcare workers track their mental health and access resources
- National Alliance of Mental Illness (NAMI) Podcast Voices of Recovery
- Moodfit An app to help change thinking and emotions through customizable tools
- CrewCare A resilience-focused app for healthcare workers and first responders

HOTLINES/HELPLINES

Resources available by phone.

- | | |
|---|--|
| • <u>988 National Suicide Prevention Lifeline</u> | 988 or 1-800-273-8255 (24 hours a day) |
| • <u>Crisis Text Line</u> | Text HOME to 741741 Text |
| • <u>For the Frontlines</u> | FRONTLINE to 741741 |
| • <u>SAMHSA National Helpline</u> | 1-800-662-HELP (4357) |
| • <u>SAMHSA Disaster Distress Helpline</u> | 1-800-985-5990 |
| • <u>Safe Call Now</u> | 206-459-3020 |
| • <u>Nurse2Nurse Peer Support Helpline</u> | 1-844-687-7301 |
| • <u>Mental Health Hotline.org</u> | 1-866-903-3787 |

A portion of these resources were found at:
www.rntomsn.org/student-center/nurse-mental-health-guide

