



Resources to Support Mental Well-Being of Maternity Care Providers

Resource Listings

[The Code Green Campaign - COVID 19 resources](#)

A list of resources for first responders and health care providers including help lines, teletherapy, list of apps, websites, and online support groups.

[COVID-19 Self-Care Resources](#) (Association of Women's Health, Obstetric and Neonatal Nurses)

Collection of self-care resources to support providers during the COVID-19 pandemic.

Tip Sheets

[Sustaining the Well-Being of Healthcare Personnel](#) (Center for Study of Traumatic Stress)

Resource for healthcare workers includes strategies for sustaining healthcare personnel well-being.

[Coping with Stress](#) (Centers for Disease Control and Prevention)

List of healthy ways to cope with stress.

Direct Support for Providers

[Physician Support Line](#) offers free and confidential peer support to American physicians and medical students by creating a safe space to discuss immediate life stressors with volunteer psychiatrists.

[Emotional PPE Project](#) is a directory that provides contact information of volunteer mental health practitioners to healthcare workers whose mental health has been impacted by the COVID-19 crisis.

Supporting Staff: Guides for Supervisors & Organizations

[Guide to Support Staff Well-Being and Joy in Work During and After the COVID-19 Pandemic](#) (Institute for Healthcare Improvement)

A guide that builds on the IHI Framework for Improving Joy in Work — includes actionable ideas that leaders can quickly test during the coronavirus response, and which can build the longer-term foundation to sustain joy in work for the health care workforce.

Exercises

[Three Good Things \(Three Blessings\) Exercise](#) (Greater Good in Action)

This self-help exercise is intended to increase happiness and a sense of wellbeing.

[Pause – Reset – Nourish \(PRN\)* to Promote Wellbeing](#) (National Child Traumatic Stress Network)

The PRN framework is one such strategy and reminds us of the types of practices that help promote well-being and enhance resilience.

[Self-Compassion Break](#) (Dr. Kristin Neff)

This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most.

Maternity Care Specific Information

[Postpartum Support International](#)

Listing of online support groups, teletherapy provider referrals, Helpline, Online Professional trainings, and other services.