

# 6

## Resources to Support Healthcare Workers' Mental Health.

### MOBILE APPS



Take a moment for self care using one of these apps

### COUNSELING



Connect with someone trained to listen and support you for free or low cost

### HEART MATH



Evidence-based tool to reduce stress and improve mental clarity

### MINDFULNESS



Tools to provide a introduction to cultivating mindfulness practices

### COURSES & ORGANIZATIONS



Connect with local and national organizations committed to caregiver wellness

### TIP SHEETS



Self care 'reset' techniques that can be saved on your phone

Find More At:



# Unity in Diversity Council

Acute Distress: Call 911

National Suicide Prevention Lifeline: 800-273-8255

Crisis Text Line: Text "HOME" to 741741

Disaster Distress Helpline: 800-985-5990

Find More At:



[UCLAHEALTH.ORG/NURSING/  
HEALTH-AND-WELLNESS](https://UCLAHEALTH.ORG/NURSING/HEALTH-AND-WELLNESS)