

Take Care of Others, By Taking Care of Yourself

You may be working very long hours and be physically, emotionally and spiritually drained. And, given the scale and scope of this disaster, you may also be experiencing personal stress or stress at home.

If you've never had to provide health care in a resource-limited setting, you may find yourself learning what it means to ration care. You may be surprised to learn that rationing is rarely very rational.

You are a precious and limited resource, and you must act the part.

Research confirms that in a disaster, and COVID-19 is a disaster like no other – the sooner people seek help for disaster-related distress the better their outcomes will be post-disaster. Reach out sooner rather than later.

Here are some available resources:

New York State Office of Mental Health (OMH) licensed mental health outpatient programs are in operation. Programs have telephone counseling, telehealth*, and face-to-face sessions. For a list of agencies, visit <https://my.omh.ny.gov/bi/pd/saw.dll?PortalPages>

New York State Office of Addiction and Support Services (OASAS) licensed outpatient substance abuse programs are in operation. Programs have telephone counseling, telehealth*, and face-to-face sessions. For a list of agencies, visit <https://findaddictiontreatment.ny.gov/>

New York State Nurses Association: COVID-19 Resources
<https://www.nysna.org/covid-19-resources#.XpDkVEBFyM8>

Intensive Care Society: Wellbeing Resource Library [UK]
<https://ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c>

International Briefing Note Addressing Mental Health and Psychosocial Aspects of COVID-19
<https://interagencystandingcommittee.org/system/files/2020-03/MHPSS%20COVID19%20Briefing%20Note%20%20March%202020-English.pdf>

*The Department of Financial Services (DFS) today announced it has adopted a new emergency regulation under New York Insurance Law requiring New York State insurance companies to waive cost-sharing, including, deductibles, copayments (copays), or coinsurance for in-network telehealth visits. Telehealth is the use of electronic information and communication technologies by a health care provider to deliver health care services to an insured while an insured is located at a site that is different from the site where the health care provider is located.

