

## New Mental Health Support Site Launches!

We are excited to share the first iteration of our [website dedicated to mental health support for the healthcare workforce](#). The new site was created based on the collective vision of Minnesota's healthcare providers, plans and partners.

We plan to update this resource list on a continuous basis to provide the latest information regarding systems and self-directed mental health support. [Bookmark this link](#) to find resources dedicated to supporting the mental health of our healthcare workers on the frontlines of the current COVID-19 outbreak.

# Mental Health Support for the Healthcare Workforce

## ICSI TUESDAYS

### Mental Health Support for the Healthcare Workforce

The ICSI network has come together to mobilize mental health support for our physicians, nurses, and other staff on the frontlines of COVID-19 crisis response. [See what they have already shared and curated on this website](#).

Based on tremendous response, we are now hosting free video calls each Tuesday as long as needed. All are welcome to attend.

Interested in the series or the event below? [Email ICSI](#) to receive advance notification of topics, calendar invites and registration information.

#### *Next Tuesday's Event:*

#### **Tuesday April 7 | noon-1 pm Employee Assistance Programs (EAP) in the time of COVID-19**

Bring your questions and ideas as leaders from Allina, CentraCare and Mayo help lead the discussion, sharing how they are using or revamping EAP to support their workforce during COVID-19.

## We've been here before. We just don't remember it.



Dr. Claire Neely

To slow the spread of COVID-19, Governor Walz and the Minnesota Department of Health issued a stay at home order last week directing Minnesotans to limit movement outside of the home beyond essential needs. Based on our experience with other infectious disease epidemics like measles and polio, we need all Minnesotans to take this order seriously.

There are a lot of reasons we aren't fully realizing the sobering scope of this danger. First of all, as Americans we tend to believe our healthcare systems have the very best care and the very best technology. We believe we can be cured, and we believe we save anybody from anything.

But what many don't realize is that unlike influenza, *we don't have a treatment for COVID-19*. We can only provide supportive care for sufferers. Our physicians, nurses and other staff are trying to help each critically ill patient clear their body of infection by using supportive care. This includes deploying respirators and ventilators to help people breathe, for example.

If you think about it, it's the same problem that we have with measles. Currently there is no treatment for measles, and a lot of very deadly complications like encephalitis, a brain infection, can occur with that disease.

[Read the rest of Dr. Neely's article here.](#)

### New COVID-19 Resources for Healthcare Workers

- [Ten Percent Happier](#) has made subscriptions to its app available free to healthcare workers during the COVID-19 pandemic. The app offers meditations from the world's top mindfulness experts.
- [Call to Mind's website](#) now includes content and resources for mental well-being and coping with coronavirus.
- The [Minnesota Academy of Family Physicians \(MAFP\)](#) in partnership with others is hosting a twice weekly COVID ECHO.

**Follow us for the latest on ICSI and the MN Health Collaborative.**



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