



MRC Behavioral Health Toolkit: Resource Snapshot

As an MRC unit leader, you may find the below behavioral health resources helpful.

Note: *Non-Federal government tools and resources listed below are provided for informational purposes only and are **not intended to indicate endorsement**. MRC units should evaluate and select tools that best meet their needs and those of their communities. If applicable, MRC units are also encouraged to utilize local and state-specific resources.*

[Apps/Self-Assessments](#)

- COVID Coach [App](#): This app was created for everyone, including veterans and servicemembers, to support self-care and overall mental health during COVID-19.
- Provider Resilience [App](#): This app provides assessments and tools to guard against burnout and compassion fatigue.
- Optimism [Self-Check](#): Use this self-check as an opportunity to reflect on optimistic and pessimistic thinking.

[Recording of OCTOBER 5, 2021, Well Check Webinar on Behavioral Health](#)

[Support Resources](#)

- [MRC Resilience Tips of the Week](#)
- [Fostering Psychological Resilience: Innovative Strategies and Best Practices from the Medical Reserve Corps](#): This blog highlights challenges during COVID-19 for MRC units and mitigation strategies that MRC units have implemented to promote team well-being and resilience.
- [Check-in Groups: A Novel Structured Crisis Intervention Model](#): This article shares how the largest state team in Indiana provided virtual emotional and psychological support to essential and first responder organizations during the COVID-19 pandemic.
- [The Buddy System](#): This CDC fact sheet contains guidelines for implementing the buddy system in which responders are paired and provide support for their buddy's personal safety and resilience before, during, and after a disaster.
- [COVID-19 Leadership Checklist – Mitigating Team Stress](#): This 2-page checklist outlines leadership tips to evaluate team resiliency.
- [How Right Now](#): A CDC tool that allows individuals to click on emotions and feelings (e.g., grief, loss, and worry) during COVID-19 and find related information and resources.



- [Disaster Distress Helpline](#): Call **1-800-985-5990** or text **TalkWithUs to 66746** to connect with a trained crisis counselor who is available 24/7 (printable [brochure](#) and [wallet card](#) available).

Trainings/Webinars

- ASPR TRACIE. [Mini Modules to Relieve Stress for Healthcare Workers Responding to COVID-19: Stress Management Exercise](#): This five-minute video and exercise can help healthcare practitioners understand stress reactions and learn how taking just a few minutes to check in with oneself and de-stress can help.
- National Child Traumatic Stress Network. [Skills for Psychological Recovery \(SPR\) Online](#): This course utilizes skills-building components from mental health treatment that have been found helpful in a variety of post-trauma situations to help survivors gain skills and manage distress.
- [Dealing with Stress in Disasters: Building Psychological Resilience](#): This TRAIN course provides guidance on how responders can effectively respond to and manage the stress, grief, and other emotions potentially brought on by emergency responses.
- [Disaster Behavioral Health](#) CDC TRAIN Course ID# 1045459: This course defines disaster behavioral health as it relates to public health preparedness. Topics addressed include signs and symptoms of stress, self-care, and planning for behavioral health in disaster preparedness.

Informal Support Mechanisms:

- Group chats
- Virtual meetings (E.g., Zoom hangouts)
- Social media (E.g., Facebook page)
- Warm lines – provides volunteers or staff an opportunity to call at the end of a shift or tough assignment to share experiences or feelings

Communication Grid: Listing out team members and regularly reaching out for check-ins (E.g., talking to each team member once a month for 10 minutes).