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.

### 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).