



Links to Resources

Battle Buddies: Rapid Deployment of a Psychological Resilience Intervention for Healthcare Workers during the COVID-19 Pandemic

- <https://iars360.iars.org/app/covid/6a80125e-5ea1-5ada-b5fe-56428119db5a/battle-buddies-rapid-deployment-of-a-psychological-resilience-intervention-for-healthcare-workers-during-the-covid-19-pandemic/>

Project ECHO (University of New Mexico)

- <https://echo.unm.edu/>

BHIPP TeleECHO Clinics

- <https://mdbhipp.org/bhipp-teleecho%e2%84%a2-clinics.html>

Mindfulness Coach App

- <https://mobile.va.gov/app/mindfulness-coach>

Calm App

- <https://www.calm.com/blog/take-a-deep-breath>

Headspace (free for Healthcare Providers During COVID-19)

- <https://help.headspace.com/hc/en-us/articles/360045161413-Headspace-for-Healthcare-Professionals>

List of Virtual Support Groups

- <https://app.smartsheet.com/b/publish?EQBCT=a47b214c02f145caabe091beb1ff816a>

Mind Resilience Website from Maryland Dept. of Health, Behavioral Health Administration

- <http://www.mindresilience.org/>

HRSA Workforce Grand Rounds Webinar Series - Combating Healthcare Provider Burnout in Clinical Settings | June 17, 2020 | 2-3:30 p.m. ET

- [Register for the webinar](#)