

# Mental Health Resources for Nurses

Working in healthcare is rewarding, but can also be stressful.  
Resources can be difficult to locate when needed. Here's a helpful list.

## ONLINE RESOURCES

A variety of free and low-cost online support options for nurses are available online

### Therapy

- [The Battle Within | Serving Veterans & First Responders](#) A healing community for veterans and first responders
- [Covid Calm](#) Free therapy/teletherapy sessions for first responders, medical personnel, and veterans
- [The Emotional PPE Project](#) A free service that connects healthcare professionals with licensed mental health specialists
- [Therapy Aid Coalition](#) Free online therapy sessions for frontline healthcare professionals

### Peer to Peer Programs

- [Disaster Response Assets Network](#) Crisis support for frontline responders and healthcare professionals
- [NurseGroups](#) No-cost, confidential, video support for nurses
- [Online Frontline Assistance Program](#) Immediate help for nurses or those dealing with suicide
- [Peer RxMed](#) Immediate help for nurses or those dealing with suicide

### Screenings & Referrals

- [ANA Nurse Suicide Prevention & Resilience](#) Immediate help for nurses or those dealing with suicide
- [UC San Diego: HEAR Program](#) Confidential support and resources for healthcare providers in need

### Tools

- [Self-Care for Healthcare Workers](#) Breathing exercises, yoga and meditation
- [Don't Clock Out](#) A nonprofit to support healthcare workers through the impacts of moral distress
- [Rekindled Nurse](#) A nonprofit network to empower, support & encourage nurses
- [Operation Happy Nurse](#) A nonprofit community to help nurses battle anxiety, work-related stress and depression
- [The Nursing Beat](#) A daily digital newsletter for nurses
- [Cup of Nurses](#) Current health news and hot nursing topics
- [Purpose People](#) A complete community for nurses
- [Self-Care Catalyst](#) Helping nurses transform their lives from burnout to thriving
- [Healthy Nurse Healthy Nation](#) An ANA program designed to improve nurse health nationwide
- [Osmosis Nursing Resilience Course](#) A free course to understand and cope with stressors
- [NurseJournal](#) Career and education resources for nurses
- [American Holistic Nurses Association](#) Providing a pathway to holistic nursing



...SEE OTHER SIDE FOR APPS & HOTLINES

# Mental Health Resources for Nurses

(continued)

## APPS

Several apps have been specifically designed to support front line workers. Download from your app store.

- [Heroes Health](#) An app to help healthcare workers track their mental health and access resources
- [Moodfit](#) An app to help change thinking and emotions through customizable tools
- [CrewCare](#) A resilience-focused app for healthcare workers and first responders

## HOTLINES/HELPLINES

Resources available by phone.

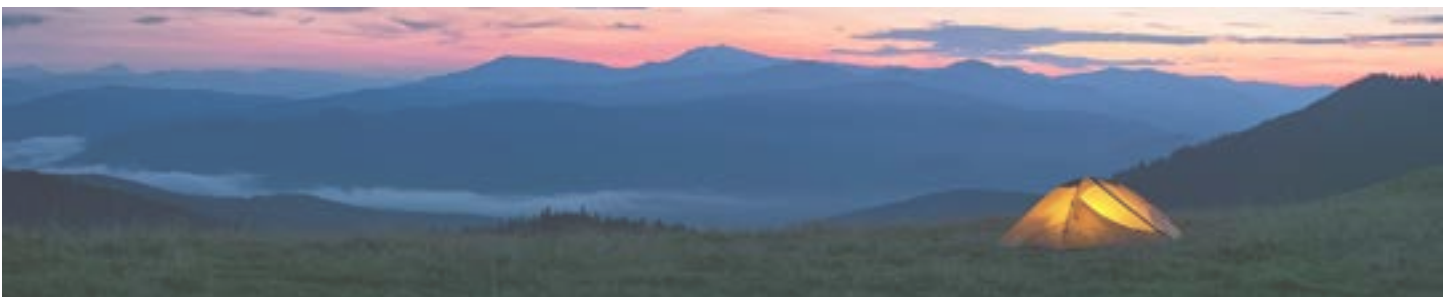
- [988 National Suicide Prevention Lifeline](#) 988 or 1-800-273-8255 (24 hours a day)
- [Crisis Text Line](#) Text HOME to 741741
- [For the Frontlines](#) Text FRONTLINE to 741741
- [SAMHSA National Helpline](#) 1-800-662-HELP (4357)
- [SAMHSA Disaster Distress Helpline](#) 1-800-985-5990
- [Safe Call Now](#) 206-459-3020
- [Nurse2Nurse Peer Support Helpline](#) 1-844-687-7301
- [Mental Health Hotline.org](#) 1-866-903-3787

## WORKER'S COMPENSATION

Worker's compensation may available for nurses with PTSD who meet certain criteria.

Registered nurses suffering from PTSD who provided direct patient care for at least 90 days in Washington state can file a claim to receive worker's compensation benefits for mental health coverage. A mental health provider will be required to confirm a PTSD diagnosis. This visit will be covered if a claim has already been filed.

- [File a Claim](#)



\*A portion of these resources were found at: [www.rtomsn.org/student-center/nurse-mental-health-guide](http://www.rtomsn.org/student-center/nurse-mental-health-guide)