

# Impact of Covid-19 on healthcare workers

## IMPACT

38 % self reported anxiety or depression

43% suffer from work overload

49% suffered burnout

29% percent of physicians, nurses, and other healthcare workers have considered leaving healthcare because of COVID-related burnout

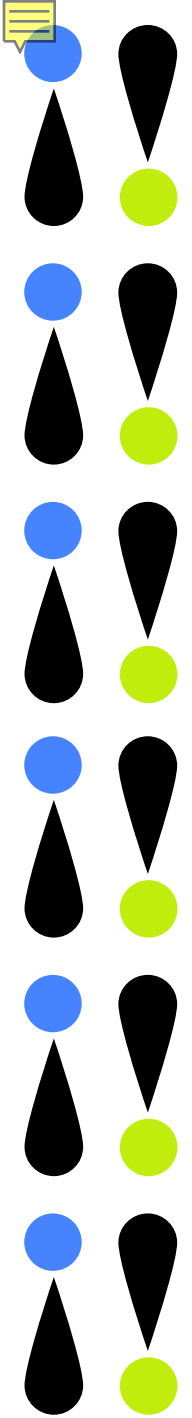
[“Prevalence and correlates of stress and burnout among U.S. healthcare workers during the COVID-19 pandemic: A national cross-sectional survey study”](#)



Disaster  
Distress  
Helpline

Call or Text 1-800-985-5990  
disasterdistress.samhsa.gov

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# DDH Online Peer Support Communities

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Program Manager: Stacey Walsh

# DDH Online Peer Support Communities



<https://www.facebook.com/DDHpeersupport>

**For survivors and responders of human caused and natural disasters  
Offered through Facebook Groups  
Includes trained peer supporters who are of the community to talk to  
Provides 24/7 access to a crisis center for counseling**



# DDH OPSC Peer Supporters

DDH Trained Peer Supporters are:

- Be of the community
- Have strong knowledge of peer support principles
- Engage in meaningful conversation
- Initiate relevant topical discussions
- Offer encouragement, and provide emotional support to peers who are having a difficult time



*“Ultimately, the best help comes from peers who can truly understand and relate to the emotional anguish these practitioners are going through”*

Insight. The impact and implications of COVID-19 on health care workers, June 4 2020, Chicago School of Professional Psychology, June 4 2020



# Crisis Counseling 24/7/365

DDH OPSCs will also be monitored 24/7/365 by a dedicated DDH Online Peer Support Crisis Center which will offer members access to 24/7/365 crisis counseling and support in real time via Facebook Messenger.



To message a crisis counselor follow the URL link: <http://m.me/DDHpeersupport>





# DDH Online Peer Support Groups



Disaster Distress Helpline  
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**Online Peer Support for Healthcare Workers impacted by Covid-19**



Healthcare Workers Impacted by COVID-19

Private group · 233 members

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**SAMHSA**  
Substance Abuse and Mental Health Services Administration

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Parents and Caregivers impacted by the COVID-19 pandemic

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**Online Peer Support for Survivors of Mass Violence**



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# How Do I Join?

To become a member of the DDH Online Peer Support Groups

- Select the option to join group
- Answer membership questions
- Receive access within 3 hours

<https://www.facebook.com/groups/healthcareworkerpeersupport>

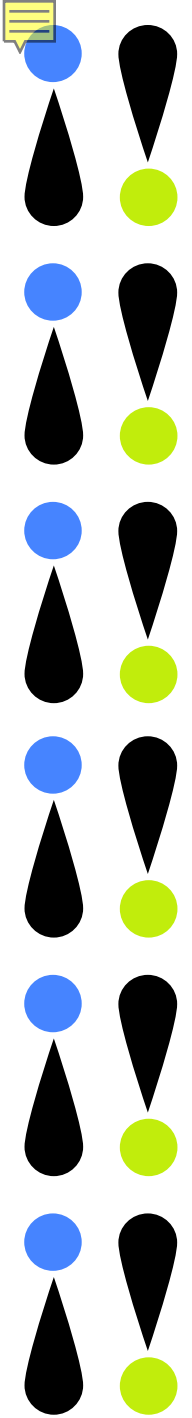
<https://www.facebook.com/groups/parentsandcaregivers>

<https://www.facebook.com/groups/survivorsofmassviolence>

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# Questions

## Contact Information

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To connect to DDH OPSC Page  
& connect to an Online Peer Support Group

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