Promoting Resilience: Self Care Resources for Professionals

The following titles link to resiliency resources.

* COVID-19 Specific Resource

**Websites and Factsheets**
- Caring for Clinicians
- Tend Academy*
- NASW - Self-Care During the Coronavirus Pandemic*
- Treatment and Services Adaptation Center - Secondary Traumatic Stress
- Resilient Wisconsin - Secondary Trauma
- National Child Traumatic Stress Network - Keeping Yourself and Your Kids Safe and Healthy in the Pandemic: Tips for Judges, Legal Professionals and Court Personnel*

**Emotional Support Resources**
- Contact Lifeline 1-800-262-9800
- Delaware Crisis Text Line text DE to 741741
- Adult Mobile Crisis Hotline:  
  - Northern Delaware 1-800-652-2929
  - Southern Delaware 1-800-345-6785
- Child Priority Response 1-800-969-4357
- Jewish Family Services Emotional Support Line: 302-781-4537*
- Delaware Hope Line 1-833-9-HOPEDE (833-946-7333)
- Delaware 211

**Videos**
- Beyond the Cliff: Laura van Dernoot Lipsky TEDx WashingtonCorrectionsCenterforWomen
- Trauma Stewardship
- Drowning in Empathy: The Cost of Vicarious Trauma

**Toolkits and Workbooks**
- What about You? A Workbook for Those who Work with Others
- National Center for PTSD - Provider Self-care Toolkit
- Office for Victims of Crime - The Vicarious Trauma Toolkit

**Assessment Tools**
- University of Kentucky Secondary Traumatic Stress Organizational Assessment Tool
- Professional Quality of Life Scale (ProQOL)

**Apps**
- Super Better
- Virtual Hopebox
- Headspace
- Gratitude Garden
- Provider Resilience
- Breathe2Relax

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