

ARE YOU WORKING ON THE FRONTLINES WITH COVID-19?

FEELING STRESSED? • WORRIED ABOUT FAMILY?
FEELING GUILTY FOR NOT DOING MORE? • DIFFICULTY SLEEPING?
EMOTIONALLY DRAINED? • DIFFICULTY CONCENTRATING?



*TRAINED AND EXPERIENCED VOLUNTEERS ARE OFFERING
ANONYMOUS ONLINE GROUPS FOR HEALTHCARE WORKERS
AND EMERGENCY RESPONDERS TO PROVIDE SUPPORT,
EDUCATION AND SELF-CARE STRATEGIES TO ASSIST YOU
WHILE YOU HELP THOSE AFFLICTED BY COVID-19.*



**TO VIEW THE SCHEDULE OF GROUPS
[AAETS.ORG/FRONTLINE-GROUPS](https://aaets.org/frontline-groups)
OR [GREENCROSS.ORG](https://greencross.org)**



These services are coordinated by:
American Academy of Experts in Traumatic Stress
Green Cross Academy of Traumatology
CISM Perspectives