

# 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?



## FREE ONLINE SUPPORT GROUPS

*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