



# WE'VE GOT YOUR BACK

SUPPORT & MENTAL HEALTH RESOURCES FOR NURSES BATTLING COVID-19

## UNION ASSISTANCE PROGRAM

Dial 800-252-4555 or visit [www.UnionAP.com](http://www.UnionAP.com) to speak to Masters and PhD level counselors for free. Whatever the issue—COVID-19, stress, relationship issues, or financial problems, the Union Assistance Program can help, at no cost to you.

## NURSES' HOUSE

If you are a Registered Nurse unable to work due to a COVID-19 infection, are caring for a family member with COVID-19, or are under mandatory quarantine, the Nurses House COVID-19 Fund can help with a \$1,500 grant. Apply at [www.nurseshouse.org/apply-for-help](http://www.nurseshouse.org/apply-for-help).

## STATEWIDE PEER ASSISTANCE FOR NURSES

Symptoms of extreme stress can include behavioral changes such as increased consumption of alcohol or turning to mood altering drugs for relief. NYSNA's Statewide Peer Assistance for Nurses (SPAN) offers CONFIDENTIAL support for New York Nurses. Call our Confidential Hotline: 800-457-7261 or visit [www.statewidepeerassistance.org](http://www.statewidepeerassistance.org).

## IF YOU GET HEALTH BENEFITS THROUGH NYSNA'S BENEFIT FUND

You and your family now have access to several new services: Amwell telehealth services: <https://bit.ly/3ceoE9R>. Optum is offering access to a free emotional support line, available 24/7, just call (866) 342-6892. Also visit [liveandworkwell.com](http://liveandworkwell.com) to download the Sanvello app. This app can help cope with stress, anxiety, and depression, as well as locate a mental health care provider offering virtual visits. Express Scripts is offering free digital mental health resources through SilverCloud, at [www.silvercloudhealth.com](http://www.silvercloudhealth.com)



**Text COVID to 877-877**  
to get NYSNA COVID text alerts.