

CAP Information & Helpful Resources:

Counseling Services:

- The LSU Psychiatry department in partnership with UMC Trauma Recovery and UMC BWELL-Spirit are now offering **Virtual Psychological First Aid groups** to support medical personnel working hard to fight COVID-19.

Groups will be **free, brief** (1 hour), and focused on **reducing initial distress caused by the COVID-19** pandemic to foster short- and long-term adaptive functioning and coping.

- Groups will be divided into either **staff only, faculty only, or residents only**, to encourage open communication
- Each group will be limited to 15 members with two co-facilitators.
- Groups will be scheduled **throughout the week and on weekends**
- If all group slots are currently filled, check back later today or tomorrow.
- Groups will be continuously added until a recurring schedule is established.
- Your name and email are needed to coordinate groups, but your information will not be seen by other group members.
- Click this [link](#) to sign up. (Step-by-step instructions below.)

If you have any questions or concerns, please contact:

Dr. Rajo, UMC Trauma Psychologist, at erajo@lsuslsu.edu or **Erin McBurney, Trauma Recovery** LCSW at erin.mcburney@lcmchealth.org.

Sign Up instructions:

1. Click [here](#)
2. Select "Sign Up" on the right for the group you are interested in attending.
3. Click "Submit and Sign Up" on bottom of the screen.
4. Enter your name and email.
5. Click "Sign Up Now"

An email with instructions for accessing our video group meeting (using online Zoom video) will be sent to you prior to the group start time.

- The Campus Assistance Program is open and available to provide support to students, staff, faculty, and residents. We are providing virtual and phone appointments. To reach a CAP counselor, contact us at (504) 568-8888 or email us at CAP@lsuhsc.edu to schedule.

Apps:

Calm:

The Calm App aids in meditation, sleep, and mindfulness.

https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_nonsubs_031720

Headspace:

The Headspace app is offering free access to Headspace Plus for all US healthcare professionals working in public health settings. This includes meditations, sleep, and movement exercises to help you out, however you're feeling. Helping those who care for us, care for themselves. If you are a healthcare worker you can receive free access to the app by visiting <https://www.headspace.com/health-covid-19>.

Ten Percent Happier:

This app offers a free Coronavirus Sanity Guide, guided meditations for Coronavirus Responders, along with a podcast, talks and newsletter on how to handle coronavirus anxiety. If you are a healthcare worker and are not currently subscribed to Ten Percent Happier, you can receive free access to the app by emailing care@tenpercent.com for instructions.

Peloton:

As precautions limit people's ability to attend classes and gyms, Peloton is offering all new users (not just healthcare professionals) a 90-day trial of its subscription workout app. The fitness freebie doesn't require a Peloton-branded bike or treadmill. Users can choose from classes such as yoga, meditation, strength training, cardio workout and more. One note: Peloton does ask for your card details if you sign up for the 90-day trial via the web, and you'll be charged if you forget to cancel once that period is up, though they do not ask for your card details if the trial is activated through the App Store, GooglePlay or FireTV devices. Once the free trial expires, the app costs [\\$13 per month](#). Previously, the app's free trial period was 30 days.

Fitness Blender:

This free exercise website was recommended by a wellness coach at Mayo Clinic's Dan Abraham Healthy Living Center. You can view it here:

<http://fitnessblender.com/>