



Supporting Health Care Workers Serving on the COVID-19 Front Lines

The emotional stress of responding to patients during the COVID-19 pandemic puts the personal and emotional health of front line health care workers at exceptional risk. To provide relief and help alleviate burnout, the California Medical Association (CMA) Wellness Program (CMA Wellness) has launched the Care 4 Caregivers Now program, connecting front line caregivers with a trained peer coach offering remote and confidential sessions at no cost.

SIGN UP TO RECEIVE COACHING

If you are a health care worker in constant worry of COVID-19 infection, currently separated from your family, or facing any other emotional difficulty at this time, we invite you to schedule a confidential peer coaching session at no cost.

- + Eligible caregivers include physicians, physician assistants, nurses, nurse practitioners and respiratory therapists
- + There is no cost, and you may receive coaching for up to 30 days
- + Coaching sessions are confidential and conducted remotely via videoconference; access to a computer or smart phone is necessary

While not a substitute for therapy or medical care, your peer coach understands the rigors of the profession and can offer emotional support and help you to feel more calm, focused and in control. Coaches hold space to listen to your concerns. Their goal is to help you feel heard, understood and become more aware of your options.

VOLUNTEER TO BECOME A COACH

Care 4 Caregivers Now provides physicians (M.D. and D.O.) and nurses, including those who are recently retired, the opportunity to lend their unique expertise during these unprecedented times. Coaching services are conducted remotely and are not considered practicing medicine. All interested volunteers should have:

- + Four hours for training, which includes on-demand videos and 90-minute live/small group training session
- + At least 4 hours/week for remote coaching and mastermind sessions to share best practices and receive ongoing support
- + Access to computer audio/video and sufficient broadband (CMA Wellness supplies a Zoom account)
- + Passion for supporting fellow health care providers
- + Compassion, empathy, patience and strong listening skills.

Sign up to receive coaching, or to volunteer as a coach at: [Care4CaregiversNow.org](https://www.Care4CaregiversNow.org).

