



EMPLOYMENT &  
HUMAN SERVICES

## MEMORANDUM

Kathy Gallagher, Director

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To: All Staff (Code 2A)

Date: October 5, 2020

From: Devorah Levine, Assistant Director, Policy & Planning

Subject: Self-Care Resources for Everyone

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Part of staying healthy during these times includes self-care and paying attention to your own well-being. Taking care of yourself has to do with, well, yourself. This is the starting place. Here are a few resources to help you with self-care:

**Tips to protect your well-being during the pandemic:**

[http://traumatransformed.org/wp-content/uploads/Facebook\\_Posts.pdf](http://traumatransformed.org/wp-content/uploads/Facebook_Posts.pdf)

**Frontline Workers Counseling Project:**

<https://fwcp.org/>

Free counseling for frontline workers, which includes workers who help support essential government functions. Private practicing therapists offer free short-term counseling and/or up to 12 sessions.

**County Employee Assistance Program/Magellan:**

[www.magellanascend.com](http://www.magellanascend.com)

Confidential help is available for you and your household members 24/7/365.

Step 1: Go to [www.magellanascend.com](http://www.magellanascend.com) and click on “Sign up”.

Step 2: Complete the online registration form and click on “Get Started”

“The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet.” -Dr. Rachel Remen, *Kitchen Table Wisdom*.