



COVID COMBAT FATIGUE

Nightmares

Irritability

Guilt

Hopelessness

Anxiety

These are just a few experiences that many health care workers are experiencing due to their frontline work during this pandemic. It is a sad truth that we are headed straight into a second surge and these experiences may only worsen with a compound effect.

Please consider reaching out to talk to someone, to decompress, even if just for a short time. It could help you and your loved ones.

NYC Employee Assistance Program

Available Monday - Friday, 8am – 7pm 212-306-7660 eap@olr.nyc.gov

Visit our website for more information: <https://vimeo.com/showcase/7097411>

