VCRN VIRGINIA COMMUNITY RESPONSE NETWORK

Assistance for COVID-19 Emotional Trauma

Now offering free services for Essential Workers!

In addition to Front line Healthcare Professionals,
First Responders, spouses and significant others

Front line workers

- **Nurses**
- **Doctors**
- **Respiratory therapists**
- **First responders**
- **Other healthcare providers**
- **Spouses, partners, and significant others**

Essential workers

- **Grocery store workers**
- **Delivery persons**
- **Funeral home staff**
- **Prison workers**
- **Assisted living facility staff**
- **Other essential personnel**

Being a front line or essential worker during COVID-19 may be overwhelming in many ways, with many new stressors added to your work responsibilities. Worry about contracting the virus yourself, or the fear of infecting those you love, adds to this stress, which can negatively impact all parts of your life & your health.

Please know it is normal to have negative thoughts & feelings at a time like this.

Negative Thoughts that can occur include:

- "I am afraid I might get the virus"
- "I am afraid I have the virus"
- "I am alone or isolated"
- "I will have no money"
- "I did something wrong"
- "I am helpless"
- "I am not in control"
- "I am putting my loved ones at risk"
- "It is my fault that I infected others"

These thoughts can lead to Negative Feelings like:

Anxiety, Helplessness, Panic, Fear, Anger, Isolation, Guilt, Inadequacy, & Regret

Our Licensed Mental Health Therapists are specially trained & ready to help you decrease your level of stress & allow you to return to your jobs feeling lighter. We have short term intervention protocols specific to the stress, negative thoughts, & negative feelings directly related to COVID-19 that can help immediately. Once treated, you can take these protocols home & use in the future on your own or help your co-workers with them.

Because we are a 501c3 company, all services are provided free of charge!

These services are being provided by telehealth.

Contact us for more information and an appointment:

Email: contact@vcrn.org
Phone: (434)202-6322

Make a referral on our website: www.vcrn.org

Instagram: @VirginiaCRN
Facebook: @VirginiaCRN