

To: Frontline Workers, Funeral Directors and Staff
From: Connecticut Psychological Association (CPA)

Re: Free Volunteer Services Available to You – Video or phone sessions with Psychologist
CALL OR TEXT 203-584-7455 to reach a CPA Representative
Leave name, phone, possible callback time availability

We understand that the Covid-19 Crisis has created a special burden on you and your profession. The suffering you witness every day inevitably creates stress and anxiety that are difficult to deal with. Even in this time of physical distancing, it's critical to seek social support and connection with others. It's also important to know the signs of anxiety, panic attacks, depression and suicide so you can easily identify them, not just among your family, friends and neighbors, but for yourself.

Signs of anxiety

- Persistent worry or feeling overwhelmed by emotions.
- Excessive worry about a number of concerns, such as health problems or finances, and a general sense that something bad is going to happen.
- Restlessness and irritability.
- Difficulty concentrating, sleep problems and generally feeling on edge.

Signs of a panic attack

- Sweating, trembling, shortness of breath or a feeling of choking.
- A pounding heart or rapid heart rate, and feelings of dread.
- Such attacks often happen suddenly, without warning.
- People who experience panic attacks often become fearful about when the next episode will occur, which can cause them to change or restrict their normal activities.

Signs of depression

- A lack of interest and pleasure in daily activities.
- Significant weight loss or gain.
- Insomnia or excessive sleeping.
- Lack of energy or an inability to concentrate.
- Feelings of worthlessness or excessive guilt.
- Recurrent thoughts of death or suicide.

Risk factors for suicide

- Talking about dying or harming oneself.
- Recent loss, even loss of interest in friends, hobbies and activities previously enjoyed.
- Changes in personality like sadness, withdrawal, irritability or anxiety.
- Changes in behavior, sleep patterns and eating habits.
- Erratic behavior, harming self or others.
- Low self-esteem including feelings of worthlessness, guilt or self-hatred.
- No hope for the future, believing things will never get better or nothing will change.
- National Suicide Prevention Hotline (800) 273-TALK (8255)

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Counseling sessions – Video or telephone sessions - Free