



**VIRGINIA COMMUNITY
RESPONSE NETWORK**

Assistance for COVID-19 Emotional Trauma

*Free for Front line Healthcare Professionals, Workers, & First Responders
and their spouses, partners, and significant others*



Front line workers



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

For those of you who are on the front line during COVID-19, it may be overwhelming in many ways. Not only do you have to care for so many extremely ill patients, you also become their “missing family” since they are isolated. Worry about contracting the virus yourself, or the fear of infecting those you love, adds to this stress. Trying to cope with seeing & hearing these horrors day in & day out can lead to dangerous levels of stress that 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 should have known better”
- “I am helpless”
- “I am not in control”
- “It is my fault that I infected others/family/friends”

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
Website: www.vcrn.org

Phone: (434)202-6322

Instagram: @VirginiaCRN
Facebook: @VirginiaCRN