

RESILIENCY, BURNOUT, & MENTAL HEALTH RESOURCES

This document highlights resources to aid in building resiliency and reducing burnout.

PROGRAM	DESCRIPTION
Denver Health RISE Program	Healthcare-based peer support program for personnel who experience distress while at work. This program provides psychological first aid and emotional support.
HeartLight Center	A non-profit that companions and educates people through their grief. HeartLight offers virtual and in-person grief support, workshops, seminars, and individual resources.
Past the Pandemic Mental Wellbeing Toolkit	This toolkit was designed by Mandy Doria and Leslie Choi, experts in the field of mental health, to help improve mental well-being using self-monitoring tools, exercises, and tips.
All Clear Foundation	A public charity with the mission to improve overall wellbeing and longevity of those who serve the community. Resource topics include burnout, crisis support, trauma, and resiliency.
American College of Occupational and Environmental Medicine	Clinician well-being and mental health resources.
Mindful	Offering courses, corporate training, news, advice, and insights exploring ways to cultivate workplace engagement and fulfillment.