



# 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.

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**NYC Employee Assistance Program**

**Available Monday - Friday, 8am – 7pm** 212-306-7660 [eap@olr.nyc.gov](mailto:eap@olr.nyc.gov)

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

