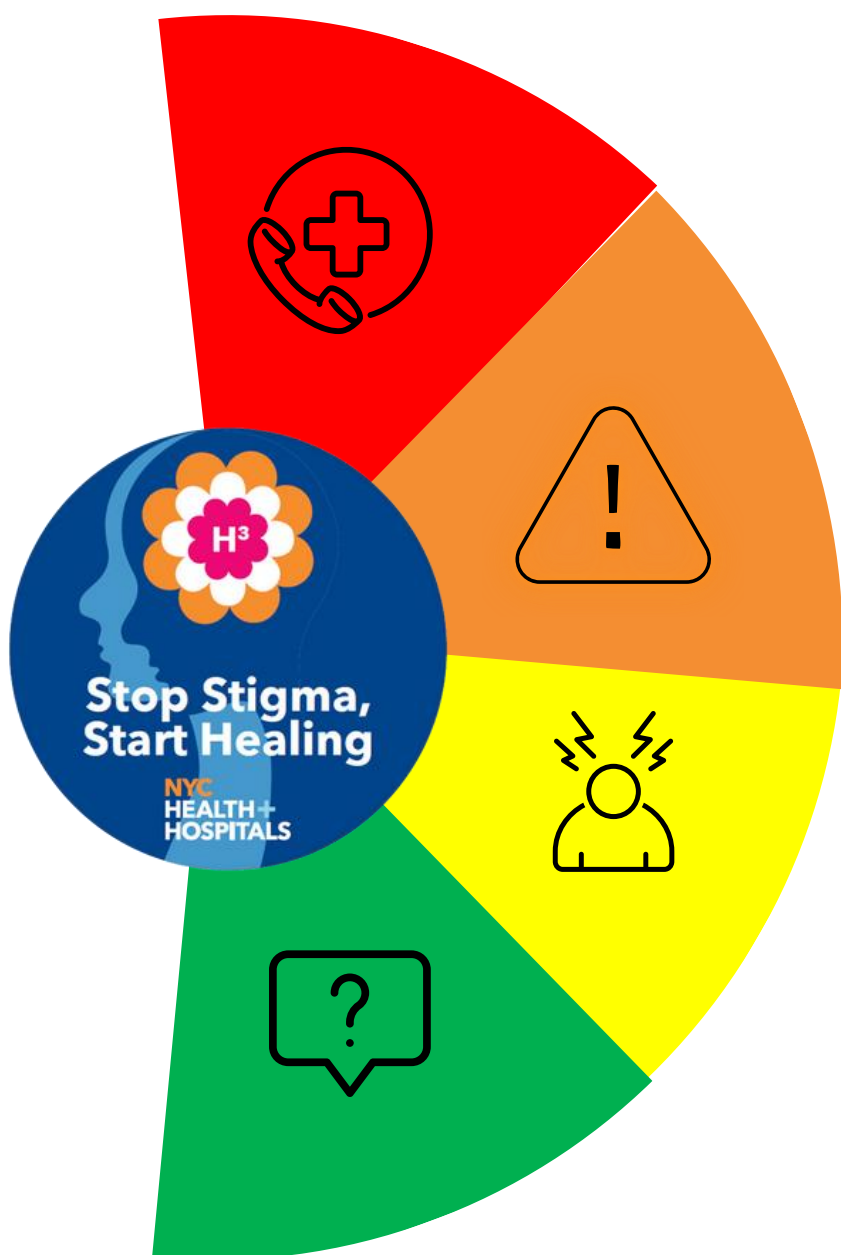


Levels of Distress

Use the infographic below to note your level of distress. Once noted, review the resources on the back of the flyer to learn more about appropriate levels of support.



Crisis

My distress is an emergency; I'm in danger.

Severe

My distress is too intense for me.

Moderate

My distress is affecting my life.

Mild

My distress is beginning to affect my life.



Are You In Distress?

Distress is an intense & adverse amount of stress that may create danger or instability. This guide helps us identify distress signs & symptoms. If you need support please contact your Wellness Program Director
646-306-5074 | jacksonr28@nychhc.org | Annex Pavilion 2nd Floor Room 218

MILD	MODERATE	SEVERE	CRISIS
- Family difficulties - Domestic violence - Community violence - Low productivity at work - Low motivation at work - Workplace peer pressure - Personal health problems - Isolation - Anxiety - Avoidance - Irritability - Anger - Shame - Remorse - Embarrassment - Guilt - Negative perspective - Excessive worrying - Difficulties concentrating - Unable to complete tasks - Loss of language abilities - Forgetfulness - Co-worker conflict - Supervisor-supervisee conflict - Grief - Disbelief over violation of personal beliefs	- Verbal workplace violence - Sexual harassment in the workplace - Workplace discrimination - Excessive alcohol use - Misuse of prescription & over-the-counter medication - Use of legal & illicit drugs - Sleeping too much or too little - Hopelessness - Helplessness - Sadness - Mood swings - Anger outbursts - Feeling emptiness - Not feeling like yourself - Intrusive & ruminating thoughts - Disassociating - Disconnecting from reality (being in a dream-like state) - Disorganization - Exhaustion - Picking skin or hair - Teeth grinding	- Expected & Unexpected death of employee - Bodily injury - Expected & Unexpected death of patient - Violent behavior of patient - Paranoid - Distorted thinking - Delusions - Seeing & hearing things that are not real - Heavy substance use - Natural disaster - Terrorist attack & bomb threats - Humanitarian crisis - Threat to immigration status	- Employee death by suicide - Suicide attempt - Active suicidal ideation - Active self-harming behaviors - Active homicidal ideation - Assault at work - Physical & sexual workplace violence - Psychosis - Victim of major violence - Active Shooter incident - Intoxicated at work - Unawareness of person, place, or time

- Key: Mild (potential risk for harm), Moderate (medium risk of harm), Severe (high risk for harm), Crisis (immediate risk for harm).
- This is not an exhaustive list of distress signs and symptoms. Severity of symptoms may be placed in a higher category, in cases of risk of safety and other factors.

Resources For Distress

Physician Support Line ● ● ●
Phone: (888) 409-0141
Website: physiciansupportline.com

NYC WELL ● ● ●
Website: nycwell.cityofnewyork.us/en/

Substance Abuse and Mental Health ● ●
Services Administration Helpline (SAMHSA)
Phone: (800) 622- 4357
Website: samhsa.gov/find-help/national-helpline

WorkWell NYC ●
Website: www1.nyc.gov/site/olr/wellness/wellnesshome.page

Helping Healers Heal (H3) ● ●
Website: https://hhcinsider.nychhc.org/sites/helping_healers_heal/pages/index.aspx

Virtual Express Care ● ●
Phone: (212) 390-1251
Website: ExpressCare.nyc/healers

Wellness Program Director ● ● ● ●
Rhayvan Jackson-Terrell
Phone: (646) 306-5074
Office: 2nd Floor Annex Pavillion Room AP2-218
Ext. 6613

Employee Assistance Program (EAP) ● ● ●
Damon Avinger, LMSW
Phone: (212) 306-7760
Office: 7th Floor Room 7-20
11am -7pm (Thursdays Only)

Behavioral Health Concierge ● ● ●
Phone: (646) 477-3150

National Suicide Prevention Lifeline ● ●
Phone | Text: 988

Call 911 ●
Go to nearest emergency room ●

Key
Resources for Mild symptoms ●
Resources for Moderate symptoms ●
Resources for Severe symptoms ●
Resources for Crisis symptoms ●