Welcome to this issue of the New York DMH Responder, our (usually) quarterly newsletter. As always, your feedback and suggestions for topics to cover in future issues are welcome; please email any comments to info@health.ny.gov.

We're excited to share our most recent internal report, "Research Brief: Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic." This brief shares findings from a survey of health care professionals, revealing high levels of anxiety and burnout, especially among those working in COVID-19 intensive care units. The brief also outlines strategies for supporting these professionals, including regular check-ins, peer support groups, and access to mental health counseling. You can read the brief in full on our website or download it as a PDF.

In the meantime, we're excited to announce a very timely webcast on December 15th. "Amid the Pandemic: The DMH Training Challenge: Maintaining Readiness for Traditional Disasters" will explore the challenges and solutions for training DMH responders during a pandemic. Register now for this free event and join us on Zoom.

More Resources
- To learn more about the DMH Responder and our mission, visit our website at www.health.ny.gov.
- For regular updates, consider signing up for our email list at www.health.ny.gov/emaillist.
- If you need to contact us, please call 1-800-692-8222, ext. 4.