Are you working to help people affected by the COVID-19 pandemic?

Understand the signs of Compassion Fatigue:

- Increased startle response to activity around you, a feeling of being “on edge”
- Difficulty making decisions
- Exhaustion
- Difficulty sleeping
- Impaired ability to care for patients and/or clients
- Intrusive thoughts about patients and/or clients
- Reduced enjoyment or satisfaction with work
- Sense of lack of control or agency in your job
- Feelings of disconnection from colleagues and work teams
- Feelings of being overwhelmed by the amount of work to be done
- Anger and irritability
- Reduced ability to feel sympathy or empathy
- Avoidance of reminders of upsetting experiences with patients
- Increased use of alcohol or other drugs

Alabama Apart Together provides information and education to help people understand that they have the ability to cope and adapt in a crisis. Although we have to be apart, together we will get through this.

Alabama Apart Together 1-888-442-1793

Any individual, including but not limited to, children, older adults, individuals with disabilities, healthcare professionals, first responders, and administrators who are working on the frontlines who are experiencing stress or anxiety related to COVID-19, may call the information line at 1 - 888 - 442 - 1793. The information line will connect individuals with appropriate staff and programs in north central Alabama to provide vital resources and services.