

STRESS FIRST AID

STRIDE to Green
How's Your Five?

Encouraging Optimism

IDentifying Strengths

Time for Calm

Reaching out

Support for Safety



CHECK

1 GREEN (Rested and Ready to Support Others)	2 YELLOW (Feeling Some Stress)	3 ORANGE (The Strain and Drain is Taking a Toll)	4 RED (Severity of Stress is Harming My Functioning)
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CONNECT

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Recognize

- Recognize when a coworker is in serious distress

Act

- If you see something, do or say something

Know

- Know at least 2 trusted resources you would access or offer to a coworker in distress

RESOURCES:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Long Island Crisis Center: 516-679-1111

Adult Behavioral Health Crisis Center (Walk-in clinic): 718-470-8300

NY Project Hope Emotional Support Helpline: 1-844-863-9314

Center for Traumatic Stress, Resilience & Recovery : CTSRR@northwell.edu, 833-327-1001