



# MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



## The MHTTC Provider Well-Being Initiative

The COVID-19 pandemic has had a significant impact on mental health. Now more than ever, it is essential to provide resources and information on self-care practices to the health and mental health workforces. The MHTTC Provider Well-Being Initiative was established to support provider well-being and work with agencies to implement organizational-level interventions that optimize provider satisfaction and health.

## Featured Provider Well-Being Events and Resources

The following free events and resources to enhance personal and professional resilience are examples from our Provider Well-Being Initiative. To view the resources, click on each title. For more information, [click here](#).

Sustaining Hope During a Time of Crisis: Wellness and Self-Compassion for Mental Health and Substance Use Providers

New England MHTTC

Online Course: *Wellness Matters*

Northeast and Caribbean MHTTC

Health and Professional Well-Being: Understanding and Combating Compassion Fatigue

Central East MHTTC

Mental Health Provider Burnout and Clinical Supervision

Southeast MHTTC

Responding to COVID in Our Everyday Lives: Evidence for What Works

Great Lakes MHTTC

Working with Others Who Are Overwhelmed

South Southwest MHTTC

Professional Well-Being Resource Webpage

Mid-America MHTTC

Voices from the Field: A Blog About Resilience During the Pandemic

Mountain Plains MHTTC

Compassion Fatigue Resilience Series

Pacific Southwest MHTTC

We Make The Path By Walking Webinar and Podcast Series

Northwest MHTTC

Self-Help and Self-Care Resources for Native Americans and Alaska Natives

National American Indian and Alaska Native MHTTC

Webinar: *Fatiga por Compasión*

National Hispanic and Latino MHTTC

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[MHTTCnetwork.org](http://MHTTCnetwork.org)

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