



Important Notice on the Limitations of Volunteers of America Support Groups

VOA ReST is designed to provide online peer support to frontline healthcare and social service workers at risk of moral injury due to stress during the COVID-19 pandemic. The program is one part of alleviating exposure to moral distress experienced by frontline workers in long-term care, healthcare, and social services.

VOA ReSt follows a process designed to help participants identify, discuss, and lessen work-related distress. Participants will recognize that they are not alone, and learn about moral distress, resilience, and coping strategies.

VOA ReST is not intended to, and should not be used to, replace the specialized training and professional judgment of mental health professionals. Volunteers of America (VOA) cannot, and does not, assume the roles of physician or therapist.

Moral distress and resilience information and peer support are valuable assets in managing work-related stress faced by individuals. They are complimentary to, but not substitutes for, professional assistance.

Please seek immediate professional help if you or someone else is:

- Having thoughts of suicide or of harming others
- Unable to provide self-care for the essentials of daily living
- Abusing substances, and/or
- In danger of being harmed

Volunteers of America cannot be held responsible for the personal use of the information provided as part of the VOA ReST program. Please always consult a trained mental health professional before making any decision regarding treatment of yourself or others.

If you are in a need of immediate medical attention or crisis support, please call 9-1-1 or the National Suicide Prevention Hotline at 1-(800) 273-8255 without delay.