

Dear Colleagues,

We are writing to invite you to participate in a new project that **connects Bay Area front-line healthcare workers impacted by COVID19 with free remote psychological support** from local licensed mental health professionals in private practice. We hope that many of you will consider donating an hour or two to this cause.

In order to rapidly connect those on the front-lines with convenient and free support, we have created a web-based database and calendar tool that enables you to sign up for the program and list your available hours. You can update your hours any time, and you can also choose not to list your hours but remain in our database of therapists willing to be contacted. The website is designed to streamline the experience as much as possible for both clinician and patient.

The frame is explicitly short-term and focused on supporting individuals currently undergoing overwhelming traumatic strain. We ask all volunteers to be as flexible as possible in their clinical approach, recognizing that patients are in an ongoing crisis situation. While we hope that healthcare workers will take advantage of the opportunity to meet with the same therapist repeatedly during the crisis, we are asking therapists not to implicitly or explicitly ask workers to commit to longer-term treatment. The treatment is conceptualized as occurring completely within your private practice for maximal flexibility and privacy; the project simply helps make available pro bono hours visible to those on the front-lines.

If you would like to sign up with the project, please begin by filling out [this survey](#), which will upload your key information to our database. Once you have done so, we will send you additional information as well as access to the calendar feature. You will always have the option of removing your information or requesting edits.

We are also compiling a list of free remote support or therapy groups. If you have experience in group work and would be interested in providing this service we are very interested in your help. Please begin by filling out [this survey](#) re group work.

Many of you may wonder about our plans for giving access to this resource to front-line workers. We are partnering with health systems to distribute the resource. Thus far we have multiple such partnerships, and we hope to continue expanding. Our project is currently limited to the Bay Area.

We appreciate your interest and we hope you will join us in this effort to support those on the front lines.

Best regards,

Elizabeth Rawson, MD, and Michael Levin, PsyD  
The COVID19 Pro Bono Counseling Project