

ESI EAP Compassion Fatigue Help Resources

Counseling Services

Telephonic counseling from Masters and PhD level clinical professionals for anxiety, depression, mental health issues, trauma, and more.

Certified Coaching

One-to-one professional coaching programs for Stress Management, Resilience, and more.

ESI's Learning Center

Short video courses in the Learning Center that deal with Compassion Fatigue, Vicarious Trauma, and Resilience.

- **Overcoming Compassion Fatigue** | Course ID: [SVL_1020419](#)
- **Vicarious Trauma: What You Need to Know** | Course ID: [SVL-1021371](#)
- **Vicarious Trauma: What You Can Do About It** | Course ID: [SVL_1021372](#)
- **Find Your Focus When Times Are Tough** | Course ID: [SVL_1020344](#)
- **How to Increase Resilience** | Course ID: [SVL_066284](#)

Self-help Tools

25,000+ webinars, expert articles, tools, tutorials, trainings, and video resources online or via the ESI EAP app. Use the search tool to find more on compassion, stress, or PTSD.

Related Blog Posts and Newsletters

- [Compassion Fatigue: The high toll of caring](#) - blog post talking about what compassion fatigue is, and a list of dos and don'ts for responding to compassion fatigue, and links to additional resources.
- [Has the Pandemic got you down?](#) Covid Fatigue Relief Kit.

External Resources

- **CDC:** [Healthcare Personnel and First Responders: How to Cope with Stress and Build Resilience During the COVID-19 Pandemic](#)
- **MedPage Today** (requires free registration) - [How Do We Handle Compassion Fatigue Toward the Unvaccinated?](#) - Jessica Gold, MD, MS, of the department of psychiatry at Washington University School of Medicine in St. Louis explains how healthcare professionals can move past the fatigue and care for themselves. Related: [The Cost of Compassion Fatigue During COVID](#) - how healthcare professionals can help themselves while helping others.
- **Medscape** (requires free registration): ['Empathy Fatigue' in Clinicians Rises With Latest COVID-19 Surge](#)

- **American Psychological Association:** [Are you experiencing compassion fatigue?](#)
- **NPR:** [Are hospital workers running out of sympathy for unvaccinated COVID patients?](#) - Interview with Dr. Daniela Lamas, a pulmonary and critical care physician at Brigham and Women's Hospital in Boston.
- **Stars & Stripes:** [‘They’re past overwhelmed’: Inside the pandemic’s toll on nurses](#) – “For almost two years, the North Texas nurse has fought on the frontlines of the war against the coronavirus. That’s two years of watching her patients struggle to breathe. Two years of serving as a family member for patients taking their last breath alone in a COVID-19 ward. Two years of worrying about younger nurses who have only ever worked in a post-COVID world.”
- **The American Institute of Stress:** [What is compassion fatigue?](#)