



Green Shoe Foundation Offering Free Therapy to Medical Professionals and First Responders Enduring Emotional Trauma From COVID-19

OKLAHOMA CITY (April 7, 2020) – A local mental health nonprofit, the [Green Shoe Foundation](#), is offering complimentary telehealth therapy sessions from now through May to medical professionals and first responders in Oklahoma due to increased emotional trauma as a result of pressure and anxiety caused by being on the front lines of treating COVID-19.

According to the [American Medical Association](#), physicians and other front-line health care professionals are particularly vulnerable to negative mental health effects as they treat COVID-19 patients and strive to balance that duty with concerns about the well-being of their family, their friends and themselves. According to the [Centers for Disease Control and Prevention](#) (CDC), “Stress prevention and management is critical for (first) responders to stay well and to continue to help in the situation.”

For police officers, firefighters, EMTs, paramedics, medical office professionals, doctors and nurses, Green Shoe is providing telehealth therapy, via the individual’s request, for however many treatments are desired. Oklahoma medical professionals and first responders can go online to greenshoe.org/firstresponderssupportsessions to register for the complimentary mental health treatment. After registering, individuals will receive a phone call within 24 hours to confirm their information and schedule their first session.

“I am proud to deploy our fully certified therapists as volunteers to offer comfort during these unprecedented and difficult times,” said Green Shoe’s executive director, Stephany Cochran. “We’re all in this together and are here to help.”

The [World Health Organization \(WHO\)](#) declared that managing mental health and the psychosocial well-being of physicians and nurses during the COVID-19 pandemic is “as important as managing physical health,” and to ensure medical staff are “aware of where and how they can access mental health and psychosocial support services and facilitate access to such services” during this time.

The Green Shoe Foundation, which normally offers professional retreats aimed toward improving and impacting individual lives and communities, suspended its regular treatment services as a result of social-distancing protocols. It has converted its model to assist health care workers and first responders throughout the pandemic.

Green Shoe therapists are ready to provide guidance, inspiration and tools to help those professionals dealing with anxiety, depression, insomnia, isolation and distress/post-traumatic stress from their experiences.

About the Green Shoe Foundation

The Green Shoe Foundation is a mental health non-profit organization offering confidential, professional five-day retreats aimed towards improving and impacting individual lives and communities. The retreat

focus is on personal growth, self-actualization, personal and professional success in forming and maintaining healthy relationships. We work with people to raise awareness of how past family roles and family systems influence their current behaviors and relationships.

<https://www.greenshoe.org/>