

## **COPING WITH COVID: A webinar series on COVID issues and stressors**



**Mental Health America of the Heartland** is presenting mental health webinars addressing COVID issues and stressors that increase depression and suicide risk, including isolation, drug and alcohol use, unhealthy eating and sleeping, lack of hope for the future, loss of a loved one and economic loss. These webinars are designed for the general public and community.

The webinars are one-hour weekly sessions beginning at 6:30pm on 4 topics repeated over the next 6 months. Included is a Question and Answer session, with post session availability with staff and presenter to address individual issues, provide resources, and referrals.

### **WEBINAR TOPICS AND DATES:**

Staying Social While Social Distancing | Sept. 9, Oct. 5, Nov. 9, Dec. 3, Jan. 7, Feb. 3  
Recognizing Your Coping Skills | Sept. 14, Oct. 14, Nov. 16, Dec. 7, Jan. 11, Feb. 10  
Envisioning Your Post- COVID Future | Sept. 21, Oct. 19, Nov. 23, Dec. 16, Jan. 20, Feb. 18  
Grief During COVID | Sept. 30, Oct. 26, Nov. 30, Dec. 21, Jan. 27, Feb. 25

### **WHO SHOULD ATTEND:**

Zoom webinars are designed for the general public and community; Ages 18 and over

### **TO REGISTER | ADDITIONAL INFORMATION:**

- Contact Stacy Davis, Director Mental Health Promotion | Call 913.222.5933 or email [sdavis@mhah.org](mailto:sdavis@mhah.org)
- Visit our website <https://mhah.org/event-directory/>