



MENTAL HEALTH AWARENESS MONTH

Virtual Mental Health & Wellness Webinars Provided by MHA of Rockland in May

Tuesday, May 11th at 3:00pm

From Essential to Exhausted: strategies for supporting behavioral healthcare staff to avoid burnout and to promote resilience.

Behavioral health workers routinely put the needs of others before their own. The past year has not only amplified those tendencies but also has left many of those in the helping professions feeling burnt out, unsure of their own capacity to help or just simply exhausted. MHA of Rockland's program directors discuss ways they personally have addressed their own mental health and wellness and how they have supported direct care staff during the pandemic. The panel will also focus on building resilience and adaptability as we navigate a "new normal" of patient and client care. Direct care staff and supervisors in behavioral health are especially encouraged to attend.

Click here to register: <https://zoom.us/j/91567766633>

Friday, May 21st at 11:00am

How Can I Help?: equipping family members and caregivers to support those with mental health challenges

Supporting people with mental health, behavioral and substance use challenges is complex and demanding. Many family members of children and adults who receive ongoing treatment and counseling often wonder what more they can do to better understand and enhance the care their loved ones are receiving. Join a panel of MHA staff who will share information, resources and strategies aimed at better equipping family members and caregivers to support others who are facing mental health challenges.

Click here to register: <https://zoom.us/j/96575870689>

Wednesday, May 26th at 10:00am

Calming the Chaos: managing anxiety and uncertainty in a world shaped by Covid-19

Navigating change and uncertainty can be difficult even under the best of circumstances. The Covid-19 pandemic brought us various stages of reopening, remote work, and "hybrid" schooling. As we look towards a new school year and a return to the office, experiences of social anxiety have increased almost universally. This webinar, led by two licensed clinicians, will guide participants through a series of strategies and techniques to address feelings of anxiety, fear and loss of control in children, adolescents and adults.

Click here to register: <https://zoom.us/j/95268474464>

FOR MORE INFO ABOUT THESE VIRTUAL EVENTS, CONTACT VELVET REDA AT 845-267-2172 x257 OR REDAV@MHAROCKLAND.ORG



**Mental Health Association
of Rockland County**

Connecting people. Educating families. Rebuilding lives.

140 Route 303, Valley Cottage, NY • 845.267.2172 • <http://www.MHARockland.org>

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