



## **October 2020 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: stressors that increase depression and suicide risk, including isolation, drug and alcohol use, unbalanced 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 one-hour sessions will be repeated through February 2021. Included is a Question and Answer session, with post session availability with staff and presenters to address individual issues, provide resources and referrals. See the listing of webinars below to register.



## **Staying Social While Social Distancing**

**Mon., October 5, 2020: 6:30-7:30 p.m.**

**Zoom Webinar**

With the onset of COVID-19 , we have been asked to practice social distancing to prevent the spread of this serious disease. Social distancing doesn't mean cutting yourself off from the world. This webinar will provide a variety of engaging, creative activities for your friends, co-workers and family still stay connected. Learn how to be resourceful with strategies and tools to instantly connect with everyone without risking exposure.

Register to learn more.

[Register](#)



## Recognizing Your Coping Skills

**Wed., October 14, 2020: 6:30-7:30 p.m.**

**Zoom Webinar**

We are dealing with so much during the COVID-19 pandemic, i.e. social distancing, mask-wearing, routines being disrupted, financial stress and increased anxiety about the future, not to mention the racial and social justice issues that have come to the forefront. This is a recipe for dealing with stress in an unhealthy way - which we DON'T want! Attend this webinar to learn more on how cope!

Register to learn more.

[Register](#)



## Envisioning Your Post-COVID Future

**Mon., October 19, 2020: 6:30-7:30 p.m.**

**Zoom Webinar**

Learn how to address the many challenges during this time of COVID including managing the uncertainty in the months ahead. This webinar will discuss the importance of being equipped with the "Triple A's" - Anticipating, Allowing and Accepting to help keep one's batteries fully charged. Register to learn more.

[Register](#)



## Grief During COVID

Mon., October 26, 2020: 6:30-7:30 p.m.

Zoom Webinar

COVID has taken so much from us: loss of life, loss of normalcy, loss of being able to physically show up for each other, loss of being able to plan for the future. This presentation will discuss various losses created by COVID, grief theories, and how to continue to do necessary self-care while doing your work. Register to learn more.

[Register](#)

## Resources:



## COVID-19 & Mental Health

Mental Health America has compiled a number of resources for individuals and families:

[COVID-19 Resources](#)

[COVID-19 Infographic](#)

**Mental Health America of the Heartland**

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