

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

COVID-19 Office Hours
—— Self-Care and ——
Stress Management

Thursday, March 26, 2020
3:00-4:00pm ET

Upcoming COVID-19 Office Hour Calls

Finance and Operations

Tuesday March 31, 3:00-4:00pm ET

Register here: https://zoom.us/webinar/register/WN_MFmTI-5_TA2PcMxOoDKHBA

Substance Use Disorder Services

Thursday April 2, 3:00-4:00pm ET

Register here: https://zoom.us/webinar/register/WN_bCnC7mFMRzSfmBB37Dhirw

Children, Youth, and Families

Information coming
soon!

Residential Treatment Services

Information coming
soon!

Telehealth and Telemedicine

Information coming
soon!

Resources

- National Council's COVID-19 Resource Page: <https://www.thenationalcouncil.org/covid19/>
- CDC's Resources for [Managing Anxiety and Stress during COVID-19](#)
- The Center for the Study of Traumatic Stress: [Sustaining the Well-Being of Healthcare Personnel](#)
- The Center for the Study of Traumatic Stress: [Caring for Patient's Mental Well-Being](#)
- APA: Coronavirus and Mental Health: [Taking Care of Ourselves During Infectious Disease Outbreaks](#)
- National League of Cities - [Prioritize Equity in COVID-19 Response](#)
- **Questions? Email: integration@thenationalcouncil.org**