

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH

# CoE Office Hour:

## Implementing Self-Care Throughout Cold Winter Weather and the COVID-19 Pandemic

**Thursday, January 7, 2021**

2:00-3:00pm ET



Center of Excellence for Integrated Health Solutions

Funded by Substance Abuse and Mental Health Services Administration

Operated by the National Council for Behavioral Health

# Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

[www.samhsa.gov](http://www.samhsa.gov)



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# A Moment to Arrive



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# Upcoming CoE events:

## **Improving Client Outcomes with Care Coordination**

[Register here for webinar](#) on Jan. 20, 2-3pm ET

## **Population Health Management Strategies**

[Register here for webinar](#) on Jan. 28, 2-3pm ET

## **Looking for free trainings and credits?**

[Check out integrated health trainings from Relias here.](#)

## **Interested in an individual consultation with the CoE experts on integrated care?**

[Contact us through this form here!](#)



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# Resources

- [Holiday Self Care Handout](#)
- [Podcast on Strategies for Supporting Patients Through The Holidays](#)
- [Self-Compassion Strategies for the Holidays in 2020](#)
- [Clinician-Support-Tool Kit for Healthcare](#)
- [Tip Sheet Coping with Fear & Uncertainty During a Pandemic WHILE Living with a Chronic Medical Illness](#)
- [Coping In The Face of Adversity TIP SHEET](#)
- [www.7cups.com](#)
- [16 Simple Ways to Relieve Stress and Anxiety](#)
- [Coronavirus Anxiety: Coping with Stress, Fear, and Worry](#)
- [Tips to Manage Anxiety and Stress](#)
- <http://mentalhealthchannel.tv/episode/youre-wired-for-anxiety-and-youre-wired-to-handle-it>

Questions? Email: [\*\*integration@thenationalcouncil.org\*\*](mailto:integration@thenationalcouncil.org)



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