

Subject:

Uplifting our First Responders and Frontline Workers: Webinar & discussion about COVID-related distress

Facing the constant risk of contracting COVID-19 on the job is not easy. It can create anxiety, depression, and symptoms of emotional distress that you may never have experienced before. Would you like to learn how to manage these feelings and regain hope?

Join the Michigan Stay Well grant team for “Uplifting our First Responders and Frontline Workers,” a free, 1-hour webinar designed for frontline and emergency response employees.

The webinar will consist of a presentation followed by an interactive discussion. You will learn:

- How to recognize and address normal symptoms of emotional distress in yourselves and your colleagues
- How anyone can get free, confidential emotional support from trained crisis counselors
- Self-care tips and coping strategies

WHEN: Tuesday, March 9, 2021 from 3 to 4 PM

HOW TO REGISTER: https://zoom.us/webinar/register/WN_vglxV5uUQ-aef2nY7KMcsQ

HOW TO CONNECT: Follow the unique link emailed to you after registration

PRESENTER: Matt Rose, Outreach Specialist, Critical Care Paramedic and Instructor/Coordinator

- After the presentation, we invite you to share your experiences and ask questions.



This Stay Well webinar is brought to you by the Michigan Department of Health and Human Services with grant funding from the Federal Emergency Management Agency (FEMA) and the Substance Abuse and Mental Health Services Administration (SAMHSA).