



Northeast and Caribbean (HHS Region 2)



MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Wellness Matters: *Self-Care for Mental Health Providers*

Sign Up and Register
bit.ly/2HDBrc6

The Northeast and Caribbean MHTTC is offering a self-paced, online, three-part HealtheKnowledge course, Wellness Matters: Self-Care for Mental Health Providers. We know that mental health care professionals commit time and energy to the care of others every day, yet it can be difficult to find the time and energy to address their own self-care. This course offers self-care strategies and wellness frameworks, along with practices to increase resilience and flourish in one's personal and professional life. Resources are provided along with many opportunities for self-reflection.

This course consists of 3 one-hour modules with interactive exercises and assessments focusing on:



Self-Care Strategies to Survive
and Thrive
Why does it matter?



Wellness Frameworks
and Strategies
The Dimensions



Personal and Professional
Resilience
Coming back stronger than ever

Note: This course has been pre-approved for CE credits.

Wellness Matters Guide



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For more information, please contact northeastcaribbean@mhttcnetwork.org

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