

## THE NEW EPIDEMIC:

# Treating Emergent Mental Health Needs in the Age of COVID-19

Studies show health care professionals and their clients alike are experiencing new or worsening mental health conditions since the outbreak of COVID-19. According to the Centers for Disease Control and Prevention, U.S. adults reporting symptoms of anxiety or depression increased from 11% in 2019 to 42% in December 2020. To get through these challenging times, both populations will benefit from special tools and considerations in order to endure the remainder of the pandemic and thrive in a post-pandemic world. This **free** two-part series will provide guidance for responding to novel mental health needs in the age of the COVID-19 pandemic.

Certificates of completion will be provided to viewers of 50% or more of the live webinar.

### Supporting Health Care Professionals Through and After COVID-19

12-1 p.m. CT Friday, Nov. 19

In this webinar, Mid-America MHTTC trainers will discuss strategies for addressing the mental health needs of health care professionals, including types of supports employers and organizations can implement to help those who are tasked with helping others.

### Helping our Communities Thrive in the Face of COVID-19

12-1 p.m. CT Friday, Jan. 21

In this webinar, Mid-America MHTTC trainers will offer solutions and insights for supporting clients' needs in a post-pandemic world. Trainers will discuss both strategies for both adults and youths.

### Register Once for Both Sessions

**NOTE: Zoom links will be emailed 1 week prior to each session.**



Mid-America (HHS Region 7)

**MHTTC**

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



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