





# Want to learn more about mental health and wellness?

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**CMHA Hamilton is hosting FREE webinars on the following topics:**

-  Managing Stress and Anxiety During COVID-19
-  How to Help Someone Experiencing Thoughts of Suicide
-  Managing Your Mental Health When You Return To Work

-  Mental Health, Older Adults, and COVID-19
-  Understanding Your Mental Health During COVID-19
-  How to Support Your Staff's Mental Health

Contact: [sorgera@cmhahamilton.ca](mailto:sorgera@cmhahamilton.ca)  
to arrange a presentation for your group

# Managing Stress and Anxiety During COVID-19

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In this 30-minute presentation, we highlight the many challenges and changes our community is facing during the pandemic. You will learn what stress is, how to recognize and overcome health anxiety and stress overload, and how to build resiliency.

# Mental Health, Older Adults, and COVID-19

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In this 30-minute presentation, you will learn what mental health and mental illness look for older adults. We will discuss the challenges older adults face with their mental health as they get older and specific challenges that older adults may face during the pandemic. We will also emphasize strategies for older adults to cope with stress and anxiety during COVID-19.

# How to Help Someone Experiencing Thoughts of Suicide

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In this 30-minute presentation, we highlight the services that CMHA Hamilton provides to support our community. We briefly discuss how to recognize suicide, openly talk about suicide, and how to connect someone with thoughts of suicide to further help.\*

\*Please note that this presentation is not intended to replace formal suicide prevention / intervention programs like safeTALK or ASIST. While these programs cannot be facilitated due to safety concerns, we recommend learning more about recognizing suicide through LivingWorks START.

# Understanding Your Own Mental Health During COVID-19

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In this 45-minute presentation, we will define mental health and mental illness and acknowledge the different stressors that COVID-19 brings. We will discuss coping with job changes, increased work demands, health anxiety, overcoming stress overload, and managing operational stress injury through building resiliency.

# Return to Work: Managing Your Mental Health

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In this 30-minute presentation, we will define stress, discuss what stress can look like during COVID-19, give you strategies to cope with job changes, and discuss some concerns about returning to work. We will provide you with strategies to recognize and overcome stress overload, deal with changing work demands, and build resiliency.

# How to Support Your Staff's Mental Health

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In this 30-minute presentation, we will discuss how stress overload can affect your staff as they return to work and how you, as an employer, can help support your team as they make their transition in returning to the workplace.