

Building Resiliency to Isolation & Loneliness: How to Increase Our Resiliency During the COVID-19 Crisis

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How to Increase Our Resiliency During the COVID-19 Crisis
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As our communities face the growing impacts of COVID-19, it's natural for many people to become trapped in thought patterns of fear and helplessness. It's especially difficult when we can't spend time with our support system or use our typical coping strategies. In times like this, we rely on our resiliency skills to adapt the best we can.

This webinar will discuss the crisis we face physically, cognitively, and emotionally in the time of COVID-19. Participants will:

- Learn how crisis situations, loneliness, and isolation impact us as individuals
- Explore where resiliency comes from
- Learn practical and achievable ways to increase your resiliency

Meet the Presenter:

Patrick Hendry, NCPS is the Vice President of Peer Advocacy, Supports, and Services at Mental Health America. He has worked as a mental health advocate for the past twenty-nine years. His areas of expertise include peer provided services, self-directed care, recovery-based trainings, organizational development, and management and sustainability. He is the former Executive Director of the Florida Peer Network and has assisted in the development of numerous peer-run programs and organizations. Patrick is a strong supporter of the inclusion of mental health consumers in all aspects of the behavioral health system.

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