



**Maintaining You Mental Health In Times Of Uncertainty
Let's Talk About It
(In-person or virtual presentation)**

In response to the anxiety generated by the coronavirus outbreak, Mental Health Matters Too has created a practical webinar to address the stress level of members and medical providers in the bleeding disorders community.

The webinar will cover:

Our natural stress response and ways to minimize its negative impact
The distinction between situational stress and an anxiety condition
Resources for mental health information and care
Effective tools to put in your emotional backpack

To offer this webinar to your staff or community members,
please contact us at:

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Together, we are going to get through this.