



COVID-19 & Your Wellbeing

Join a Virtual Town Hall **in Korean** for tips, information and resources for coping with stress during this challenging time.

The COVID-19 (coronavirus) pandemic is increasing stress and anxiety for many in our community. The County of Santa Clara's Behavioral Health Services Department is here to support your health and wellbeing and is sponsoring a series of virtual town halls. At these town halls, culturally-specific mental health information and resources for individuals, families and communities will be shared.

Participants will:

- Learn how to resolve conflicts with their children and spouses while sheltering in place;
- Learn tips for managing stress, including anxiety and depression;
- Learn about local mental health resources available;
- Have a discussion and question/answer session with mental health professionals and peers.

Town halls will take place on Zoom and social media livestream in May, which is Mental Health Awareness Month. Specific questions can be asked at registration.

Register:

<https://bit.ly/koreanth>

Date : May 27th, 2020

Time : 7:00 PM to 8:00 PM

Speaker: Lisha Lee, Licensed
Marriage & Family Therapist

Virtual town halls will take place via Zoom and Facebook Live and will be recorded

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