

LOOKING FOR SUPPORT?



Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. **Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.** Find the screenings at www.mha-em.org/dont-wait-b4stage4/get-screened.

A screening only takes a few minutes, and after you're finished, you'll be given information about the next steps you should take based on the results. A screening is not a diagnosis, but it can be a helpful tool for starting a conversation with your doctor or a loved one about your mental health.

Working in the healthcare profession is always challenging, and hopefully always rewarding, as well. The challenges have never been greater, as both we, and the people we care for, deal with a myriad of consequences related to the COVID-19 pandemic.

One of the best ways to maintain our high standards of care for our clients is to first make sure we are taking care of our own physical, mental and emotional health.



Mental Health America of Eastern Missouri has several **live webinars** specifically designed to meet the needs of professionals. Topics include: ***Compassion Fatigue, Address Stress, Busting Burnout and Reaching Resilience.***

Informative, interactive, and skills-building, these research-based webinars are presented live by a Licensed Clinical Social Worker with more than 25 years clinical experience as well as being a university-level adjunct faculty member.

Webinars can be arranged to meet your organization's schedule to maximize staff participation.

To learn more about these and other webinar topics, visit <https://www.mha-em.org/how-we-help/wellness-seminars> or send an email to Connie.Fisher@mha-em.org.

Visit us online at www.mha-em.org and check out our Knowledge Base, Support Group Directory, Wellness Seminars, Professional Development and more.

