



NAMI Coping With COVID

National Alliance on Mental Illness

Southwest Ohio

a virtual workshop for businesses
about mental health and dealing with anxiety

offered at no-cost to participants

Join Us to Start the Conversation

NAMI Southwest Ohio's Coping with COVID (CWC) has been developed to open the conversation about mental health and anxiety during this pandemic.

- **45-minute interactive virtual presentation** designed for businesses
- Offered via NAMI SWOH's **secure Zoom** or your office's preferred platform
- Presenters share their **lived experience of anxiety** and other mental health conditions, their **coping strategies**, and personal journeys of recovery.
- **Why now?** Anxiety and depression are more prevalent than ever due to the pandemic, and many individuals with no prior history of mental health challenges may experience them for the first time. **Employees may be particularly susceptible to anxiety** in a world where they have little control and increased stress. Individuals already living with mental health conditions may face additional challenges to manage them in the midst of a crisis. **Now is the time to equip our employees, coworkers, and friends with real world strategies.**

[**SCHEDULE A WORKSHOP**](#)

Questions? Email our Program Director
julia.saldanha@namiswoh.org

www.namiswoh.org

Education, support, and advocacy for people living with mental illness and their families