



# NAMI Coping With COVID

National Alliance on Mental Illness

Southwest Ohio

a virtual workshop  
about mental health and situational anxiety

offered at no-cost to participants

## Join Us to Start the Conversation on February 7

This edition of *NAMI Southwest Ohio's Coping with COVID (CWC)* has been developed to identify seasonal challenges and new coping skills for the pandemic.

- **60-minute interactive virtual presentation** designed for adults
- Offered via NAMI SWOH's **secure Zoom** by a trained 2-person team
- One presenter shares their **lived experience of mental health challenges**.
- **Psychiatrist Dr. Peirce Johnston, MD** offers his perspective and **tips for managing challenges in these unique times**.
- **Why now?** As we move into the **darker, colder days of winter** and experience the **new challenges** this season brings, we must **identify new ways to cope** with COVID fatigue and our mental health. 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. **Now is the time to equip ourselves with real world strategies.**

[REGISTER TO ATTEND](#)

Questions? Email our Program Director  
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Education, support, and advocacy for people living with mental illness and their families