

## October COVID-19 Mental Health Trainings

### Abbreviated Psychological First Aid (PFA)

This two-hour abbreviated PFA training provides information on how and when to provide psychological first aid to people impacted by a traumatic event, and ways to enhance provider care before, during and after a traumatic event.

**October 1st 2-4 pm EST (11 am PST)**

[Registration Link](#)

**October 20th 11-1 pm EST**

[Registration Link](#)

### Caring for Vulnerable Populations Affected by the COVID-19 Pandemic

This one-hour training provides guidance on how health care workers can support the unique physical and mental health concerns of high-risk vulnerable groups during the COVID-19 pandemic.

**October 29th 1-2 pm EST**

[Registration Link](#)

### Who, Me? How Stigma, Discrimination and Implicit Bias Impact Healthcare in the Age of COVID-19

During the COVID-19 pandemic, stigma and discrimination against people of certain ethnic backgrounds, travelers, and residents of areas with high numbers of positive cases, and health care providers have been observed. This one-hour training provides strategies to combat stigma and discrimination, and support those who may be experiencing stigma and discrimination associated with COVID-19.

**October 30th 1-2 pm EST**

[Registration Link](#)

### Breaking the Sheep Counting Cycle: Strategies for Improving Sleep During Stressful Times

The goal of this one-hour training is to discuss how emergencies and social distancing affect normal sleep patterns, the consequences of disrupted sleep, and the stress and relaxation responses in our bodies to help improve the quality of sleep.

**October 6th 12-1 pm EST**

[Registration Link](#)



### You Can't Give What You Don't Have: Self-Care Strategies for the Busy Health Professional

The goal of this one-hour training is to increase the ability of providers to identify natural emotional responses to crises, and learn to manage stress reactions and improve self-care for themselves and among the people they serve.

**October 22nd 12-1 pm EST**

[Registration Link](#)

### Social, But Isolated: Strategies to Support Front Line Health Workers Dealing with Personal and Professional Isolation

This one-hour training teaches strategies for managing stress related to isolation, social distancing and quarantining that providers can apply to their own self-care routine, as well as provision of care to their patients.

**October 13th 1 -2 pm EST (12 pm CST)**

[Registration Link](#)

### Building Resilience While Navigating Grief and Mourning: Guidance for Frontline Health Workers

This one-hour training discusses the difference between grief and mourning, why mourning is essential to healing, COVID-19's impact on healthy mourning, and positive coping tools to help build resilience and navigate the grief process.

**October 15th 1-2 pm EST (12 pm CST)**

[Registration Link](#)

### Helping Kids Cope with Grief and Loss During the COVID-19 Pandemic

This one-hour training provides guidance on how grief affects children and teens at different developmental stages; how COVID-19 has impacted this; the importance of normalizing.

**October 8th 12-1 pm EST**

[Registration Link](#)

### A Trauma Informed Approach to Supporting Children and Adolescents in the Age of COVID-19

This one-hour training provides an overview of the common reactions children exhibit when facing an emergency, typical stress responses, and how to communicate with and support children in regaining a sense of security.

**October 28th 1-2 pm EST (12 pm CST)**

[Registration Link](#)

We are continually developing new trainings to meet our partners' evolving needs. For more information, or interest in other mental health offerings, please contact: [mentalhealth@americares.org](mailto:mentalhealth@americares.org)