

**Subject: Uplifting our Direct Care Workers - Webinar & discussion about COVID-related distress**

The COVID-19 pandemic has changed life dramatically for many direct care workers, creating anxiety, depression, and symptoms of emotional distress some have never experienced before. How can we help these valuable team members manage these feelings and regain hope?

**Join the Michigan Stay Well grant team for “Uplifting our Direct Care Workers Community,” a free, 1-hour webinar designed for those who provide hands on care.**

The webinar will consist of a presentation followed by an interactive discussion. You will learn:

- How to recognize and address normal symptoms of emotional distress
- What is burnout, compassion fatigue, and how to reduce these symptoms
- How anyone can get free, confidential emotional support from trained crisis counselors
- Where to find helpful brochures, videos, and other support services

**WHEN:** Wednesday, January 20, 2 to 3 p.m.

**HOW TO REGISTER:** [https://zoom.us/webinar/register/WN\\_EjsCxcsfQ62QACStGsl6JA](https://zoom.us/webinar/register/WN_EjsCxcsfQ62QACStGsl6JA)

**HOW TO CONNECT:** Follow the unique link emailed to you after registration

**PRESENTER:** Erin Wallace, CDP, Outreach Specialist, Stay Well grant program

- After the presentation, we invite you to share your experiences and ask questions.



*This Stay Well webinar is brought to you by the Michigan Department of Health and Human Services with grant funding from the Federal Emergency Management Agency (FEMA) and the Substance Abuse and Mental Health Services Administration (SAMHSA).*