

How to build resilience and adaptive skills during the pandemic

Join us on April 2, 2020 to discuss tips for caring for the emotional health and wellness of you and your family during these uncertain times.

The COVID-19 pandemic has brought uncertainty, rapid change, worry and stress to our world. Attend this webinar, brought to you by Magellan Healthcare, to hear Dr. Carney, Magellan's Chief Medical Officer, share insights on why people are feeling stress and panic, and give tips on how to build resiliency. She will also discuss ways to help children cope and thrive, when it may be time to seek help and the importance of acceptance and adaptation skills to manage through the pandemic.

Date/time: Thursday, April 2, 2020 1 p.m. – 2 p.m. Eastern Time

Register here: www.magellanhealthcare.com/covid-19-2/covid-19/webinars/

Topic areas:

- Feelings of stress and panic during the pandemic
- Tips for managing emotions and building resilience during times of trouble
- Ways to help children cope and thrive during troubling times
- Warning signs of mental health concerns
- Resources to help manage stress
- Q&A

Speaker:



Dr. Caroline Carney
Chief Medical Officer
Magellan Rx Management
Magellan Healthcare

Space is limited! * Register today!

*Webinar participation is on a first-come, first-serve basis. If you can't make it to the live webinar, the recording will be posted on the Magellan COVID-19 resources page:

www.magellanhealthcare.com/covid-19-2/covid-19/webinars/