

Thursday, June 25, 2020

Mental Health, Well-Being & Psychosocial Support for Patients

Resources

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness (NAMI), is the nations largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness. Click below for the NAMI homepage to see additional COVID-19 information and resources. Click here: [NAMI](#)

Mental Health America (MHA) is dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all.

To view upcoming webinars click here: [MHA Event Calendar](#)

View a webinar by mental health expert Professor Chris Bundy from Cardiff University on helping people manage the COVID-19 threat:

Overview: This session brought together patients, physicians, and advocates to discuss ways to alleviate mental health burden, with a emphasis on patients with pre-existing conditions who are among the hardest hit during the COVID-19 pandemic.

www.COVIDAdvocacyExchange.com | [#AdvocacyExchange](https://twitter.com/AdvocacyExchange)

Read more about self-help interventions to reduce psychological distress at the **World Health Organization (WHO)** website): [World Health Organization](#)

The Johns Hopkins Bloomberg School of Public Health provides global mental health resources helpful to healthcare professionals, researchers, and program managers. Click here: [Global Resources](#)

Featured Speakers

Click on panelists name for LinkedIn profile if available



Catherine Benedict Ph.D.
Panel Moderator
Psychologist, Stanford
University School of Medicine



Dominika Czarnota-Szalkowska
Secretary General of the Polish MS
Society & EC member of European
Multiple Sclerosis Platform



Jasmin Watson-El
Multiple Sclerosis Patient
Ambassador



Teri Brister
National Director, Research &
Quality Assurance, National
Alliance on Mental Illness
(NAMI)



Kelly Davis
Director of Peer Advocacy, Supports
and Services, Mental Health America