lunch break
WITH THE VILLAGE

TOPIC: ANXIETY & DEPRESSION
WHEN: 6/4, 12-12:30PM

clickable resources

Telehealth services at The Village

Ask a Doc Village non-emergency line

Care for Your Coronavirus Anxiety, a project by Shine

Mental Health and Coping During COVID-19 from the CDC

Coronavirus Anxiety - Helpful Expert Tips and Resources from the Anxiety and Depression Association of America

9 Resources for Coping with Coronavirus Anxiety from Healthline

learn more:
thevillage.org/lunch-break

Our mission is to build a community of strong, healthy families who protect and nurture children.

The Village for Families & Children
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