



COVID-19 Community Conversations: Mental Health, Equity and Resilience

To see the most up to date information on the COVID-19 response by the New York City Department of Health and Mental Hygiene please visit:

<https://www1.nyc.gov/site/coronavirus/index.page>

Description:

The COVID-19 pandemic is a worldwide shared traumatic experience that disrupts and affects our families, friends and communities. To address the mental health challenges brought on by COVID-19 and structural racism, the Department of Health and Mental Hygiene will provide a **free, 1-hour informational virtual presentation**. Our goal is to reach 10,000 New Yorkers in neighborhoods that have been disproportionately impacted.

Participants will learn about:

- COVID-19's impact on mental health
- Health disparities in communities of color
- The effects of trauma, grief, and anxiety
- Coping skills and mental health resources available in NYC

Logistics and Details:

This virtual presentation can be scheduled any day of the week, including weekends, during the following times and evening presentations are available upon request.

- 9:30am to 11am
- 11:30am to 1pm
- 1:30pm to 3pm
- 3:30pm to 5pm

Each session will be facilitated by two presenters and is also available in Spanish, Cantonese and Mandarin. We ask each organization to guarantee between 10 and 30 participants.

Computers and/or phones with internet access are needed to both join and view the virtual presentation. For those who don't have internet access, a dial-in phone number will be provided. Webcams are also encouraged but not required. ASL interpreters provided upon request, please let us know at least one week in advance if you would like this service.

Online Meeting Platforms:

Those hosting the presentation have the option to choose WebEx as the primary online meeting platform or use the organizations own Zoom account. Dial-in number and presentation link will be made available **24 hours** before presentation.

If you are interested in scheduling this free virtual presentation, please contact Jessica Poveda at jpoveda@health.nyc.gov or 917-994-4652.