



## **COVID-19 Community Conversations: Mental Health, Equity and Resilience Three-Hour Training**

To see the most up to date information on the COVID-19 response by the New York City Department of Health and Mental Hygiene (NYC Health Department), visit [nyc.gov/health/coronavirus](https://nyc.gov/health/coronavirus).

### **What is the COVID-19 Community Conversation Training?**

The NYC Health Department is providing a free, three-hour interactive training for all New Yorkers to address the mental health challenges brought on by COVID-19 and structural racism. The training builds on the topics touched upon in the 60-minute COVID-19 Community Conversations presentation. It consists of four modules where participants will learn about:

- The impact COVID-19 has had on mental health
- Depression, anxiety and coping with grief
- Addressing trauma and managing stress
- Health disparities in communities of color
- Strategies for self-care and community care
- Mental health resources available in NYC

### **What languages is the COVID-19 Community Conversation training available in?**

The training is available in English, Spanish, Cantonese and Mandarin.

### **When can we schedule the training?**

This virtual training can be scheduled any day of the week, including weekends, during the following times:

- Morning session: 9:30 a.m. to 12:30 p.m.
- Afternoon session: 1:30 to 4:30 p.m.

Evening trainings are also available upon request.

### **What is the minimum number of participants needed to schedule a training?**

We ask each organization to guarantee between 10 and 25 participants to schedule a private training. If that is not possible, we also have public training options and would be happy to share how to register for an upcoming session.

### **What virtual platform will be used?**

The NYC Health Department will use Webex as the primary online meeting platform. A link for the training will be provided **24 hours** and **1 hour** before the start of the training.

The training can also be facilitated using the organization's Zoom business account. The use of other virtual platforms is possible but will be evaluated on a case-by-case basis before permission is granted.

**What is needed to participate in the training?**

Computers or phones with internet access are needed to both join and view the virtual training. Webcams are also encouraged but not required. American Sign Language (ASL) interpreters can be provided upon request. Please let us know at least two weeks in advance if you would like this service.

**Will participants receive a certificate?**

Yes, all of the participants will receive a certificate of completion from the NYC Health Department.

If you are interested in scheduling this free virtual training, please contact Jessica Poveda at [jpoveda@health.nyc.gov](mailto:jpoveda@health.nyc.gov) or 917-994-4652.