

# HERE 2 HELP

**Mental Health Coalition**

**Fanwood · Scotch Plains · Westfield**

## How to Recognize and Support People in Emotional Distress

The outbreak of Covid-19 has impacted individuals both physically and emotionally. Many are struggling with increased anxiety or depression due to the illness, the isolation and the financial fallout. How can we support our spouses, parents, friends and neighbors during this difficult time? Arlene Klemow, Director of Training at Caring Contact, will provide simple hands-on skills and guidance on how to recognize when a person may need support and what to do. She will discuss signs and symptoms, and help develop the language, skills and confidence to begin a conversation and get the person help.

**Date:** Tuesday, June 2

**Time:** 7:30-8:30pm

**Location:** Online via Zoom and Facebook Live

**Presenter:** **Arlene Klemow**

**Director of Training, Caring Contact**

**FREE. Registration required. Limited to 100 participants.**

**Register: <https://H2Hlibrarymentalhealthforum.eventbrite.com>**

**Once you register, Zoom and Facebook Live info will be forwarded.**



Here 2 Help is a coalition of community organizations and concerned individuals with a mission of improving community awareness and understanding of mental health issues through education, basic skills training and resource information and to help break down barriers that prevent people from seeking care.