Welcome to Today’s Webinar!

This event will begin at 12:00 pm PST.
Opening Remarks
Co-chairs: Ann Cheney & Julie Chobdee

Recordings of this webinar presentation will be available in our website:

https://healthycampus.ucr.edu
If you have a question for the presenters, please type it in the Q&A. Questions will be answered at the end of the webinar.
Agenda

► Presentation
► Question and Answer Session
Today’s Presenter:

Kate Sweeny, PhD, UCR Dept. of Psychology

Her research examines two broad questions:

1. How do people cope with acute and stressful moments of uncertainty, like the wait for important news?

2. How should doctors talk to their patients?

Prof. Sweeny has received numerous awards for her teaching and research including the American Psychological Association Distinguished Scientific Award for an Early Career Contribution to Health Psychology.
All UC students have access to free or low-cost counseling and mental health services.

National Suicide Prevention Hotline — 24/7
- Website/Live Chat: suicidepreventionlifeline.org
- Phone: (800) 273-TALK (8255)

Crisis Text Line — 24/7
- Website: crisistextline.org
- Text: 741741 from anywhere in the US
Upcoming Webinars

Join us!

Webinar #2: Attending to Your Health and Well-Being during COVID-19
► When: April 17, 2020

Webinar #3: Taking Care of Your Mental Health during COVID-19
► When: Tuesday, April 21, 2020 from 12:00 p.m. - 1:00 p.m.

Webinar #4: Thinking About Students’ Social and Emotional Health in COVID-19
► When: Tuesday, April 28, 2020 from 12:00 p.m. - 1:00 p.m.
Thank you for joining us!