Staying Mentally Well in the Age of COVID

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Important Reminder

- All the news focuses on physical health but with COVID, psychiatric illnesses not isolating
Family and Isolation

- How COVID may make psychiatric illnesses worse? Impact of family, isolation.
Work-life Balance

- Bringing work home. Work/Life Balance?
Strategies

- Strategies to stay mentally healthy.
Resources

› Resources Available
Telemedicine

- Advantages/Disadvantages of Telemedicine
Questions/Discussion
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