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:

Gerald Maguire, MD, DFAPA
Professor and Chair, UCR SOM Dept. of Psychiatry and Neuroscience

• Named as one of the Best Doctors in America 6 xs
• Supervises psychiatry residents in UCR SOM and Riverside County Dept of Mental Health program
• International expert in stuttering

Dr. Maguire will discuss staying mentally well in the age of COVID and provide resources and strategies to stay well.
Smartphone Apps

- Headspace- “mindfulness for your everyday life” is free for healthcare workers [https://www.headspace.com/health-covid-19](https://www.headspace.com/health-covid-19)

- Calm- for sleep, meditation, and relaxing [https://www.calm.com](https://www.calm.com)

- Mindfulness Coach- self-training program [https://www.mobile.va.gov/app/mindfulness-coach](https://www.mobile.va.gov/app/mindfulness-coach)

- Connections App- supports individuals in recovery from alcohol and other drug use by reducing relapse and promoting prosocial behavior [https://www.addictionpolicy.org/connections-app](https://www.addictionpolicy.org/connections-app)
Resources For Students, Staff, and Faculty

- 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
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!