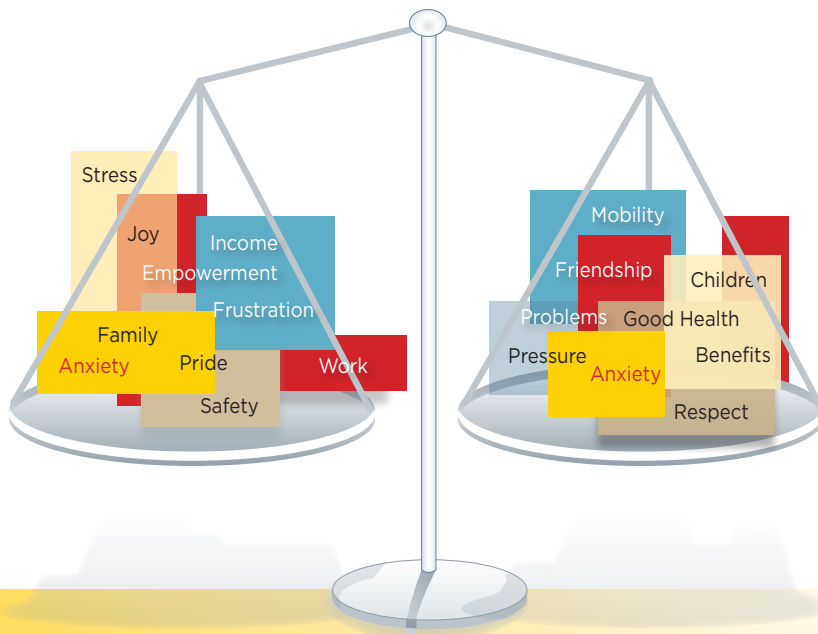


Free
Webinar

Tuesday
July 20, 2021
at 3pm

Taming Anxiety and the Return to “Normal”

Sponsored by the University of Maryland Department of
Psychiatry UMMC EAP Programs



For over a year we have not known ‘what comes next’.

Carefully, we can move back to our pre-pandemic lives, but we are changed forever. This webinar will present some thoughts and techniques which may help in this transition and the path forward.

**Join us for a conversation dealing with:
Taming Anxiety and the Return to “Normal”** providing insight and easy-to-use techniques for reducing anxious responses to concerns and apprehension.

[CLICK ON LINK TO REGISTER](#)

<https://umaryland.webex.com/umaryland/onstage/g.php?MTID=e19264e17be43f95bf9681992fd997832>



Or scan QR code
to register

Additional resources:

<https://www.healthcarediver.com/news/frontline-worker-mental-health-survey-KFF/597916/>

<https://www.cnbc.com/2021/05/31/covid-is-driving-an-exodus-among-health-care-workers.html>

<https://stopasuicide.org/when-helpers-feel-helpless-mitigating-suicide-risk-of-health-care-workers-in-a-pandemic/>

Employee Assistance Program



PRESENTER:
CAROL MCKISSICK, MBA,
MS, LCPC

Carol is a Licensed Clinical Professional Counselor (LCPC) and National Certified Counselor (NCC). Her specialties include couples (Gottman) and trauma (EMDR) counseling. She has experience with adult individual and group counseling, as well as grief, depression, stress, addiction, anxiety, anger management, marital, family and workplace conflict. Before joining the University of Maryland EAP, Carol worked in scientific research and later earned an MBA.

Employee Assistance Program

Confidential counseling by phone or secure telehealth. This free referral service is available to all employees and their family members.

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Call 667-214-1555 or email:
amjohnso@som.umaryland.edu
to schedule an appointment

www.ummc-eap.org