

Wellesley Health Department presents:



# Unmasked... understanding anxiety and suicide in the COVID era

Tuesday, September 28, 2021, 7:00-8:30 PM, free webinar for all ages

## PRACTICAL METHODS TO ADDRESS ANXIETY AND STRATEGIES TO PREVENT SUICIDE



Join Jon Mattleman on Tuesday, September 28, 2021, 7:00-8:30 PM for a free webinar on the impact of the COVID pandemic on mental health.

Jon Mattleman, MS is a mental health consultant. Jon believes in teaching people the language to use when dealing with a mental health challenge with a family member, friend, student, or colleague, and giving participants proven tools and strategies that can be implemented immediately --- who has time to wait?

### Topics Include:

- Understanding the importance of mental health
- COVID-19 related information on anxiety and suicide prevention
- Strategies and tools that can be implemented immediately
- Participant questions answered

**RSVP** to receive joining instructions:

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**Public Health**  
Prevent. Promote. Protect.

Wellesley Health Department