



REHABILITATION & COMMUNITY
PROVIDERS ASSOCIATION

Info

National Council Webinar on Digital Self Care Transforming Mental Health

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH



Feelings of stress and anxiety have affected all corners of our daily life as we grapple with unprecedented challenges related to COVID-19 and try to imagine what life will look like in a post-pandemic world. Approximately half of adults say the pandemic is negatively impacting their mental health, but there are no psychiatrists in nearly 60% of counties in the United States. This year during Mental Health Awareness Month, it's clear that caring for our emotional health and well-being more important than ever.

As a partner of the National Council for Behavioral Health, myStrength is excited to share with you this [digital toolkit](#), offering expert mental wellness tips and evidence-based strategies to manage heightened stress, parenting challenges, social isolation, emotional wellness and more. To help spread mental health awareness and break down stigma among your organization and covered population, you're welcome to share and distribute these tools with anyone who may benefit.

Rehabilitation & Community Providers Association • 777 E Park Dr, Ste G4 • Harrisburg, PA 17111
Phone 717-364-3280 • Fax 717-364-3287 • www.paproviders.org

Join us on Thursday, May 28, for an interactive discussion on the current state of mental health now, and going forward post-pandemic. Experts from Kaiser Permanente, Livongo and *What's the Future, Health?* will explore the science behind, and benefits of, digital self-care and cognitive behavioral therapy (CBT) in the context of the continuum of care.

[Register](#)

Can't attend live? Register to receive the recording.

Attend this complimentary webinar to explore:

- Scalable strategies to combat the negative impact of the coronavirus crisis on mental health.
- Opportunities to force-multiply traditional care, while breaking down mental health stigma.
- How the nation's largest private integrated health care organization uses digital self-care tools to put evidence-based practices at their members' fingertips.

Thought Leadership Spotlight

The paradigm shift towards virtual care is not exclusive to behavioral health.

[Read more on the rapid evolution of a digital-first approach
from Livongo Executive Chairman Glen Tullman](#)

Stay Healthy and Safe,

