

## Special webinar series to focus on COVID-19's effect on mental health

Blue Cross Blue Shield of Michigan is hosting a special webinar series in October, looking at the effects the COVID-19 pandemic has had on mental health and well-being. The series was designed for our members, but health care providers and their patients are also invited to attend.

The series will offer tips for dealing with stress, anxiety, isolation, loneliness and grief, along with resources available to support our members and their families. Each webinar in the series will be facilitated by two members of our Behavioral Health Strategy & Planning staff: Director Julia Kyle and Manager Bill Pompos. Both are licensed clinical social workers.

The webinars will focus on three key areas: women's mental health, men's mental health and dealing with grief and loss. You or your patients can click on the links below to find out more and to register:

- **Oct. 18 — COVID-19 Mental Checkup: Men's Mental health**  
Register here: [noon](#) or [6 p.m.](#)
- **Oct. 25 — COVID-19 Mental Health Checkup: Grief and Loss**  
Register here: [noon](#)
- **Oct. 29 — COVID-19 Mental Health Checkup: Women's Mental Health**  
Register here: [noon](#) or [6 p.m.](#)

As you know, mental health is just as important as physical health, yet it's often neglected. We encourage you to let your patients know about this opportunity to hear real-life stories from others and explore new ways to take care of themselves and their loved ones.