

FREE WEBINAR FROM THE REACH INSTITUTE

Conversations about supporting child mental health in the age of coronavirus

Youth Anxiety During COVID-19 *From A to...A*

Mental Health Clinicians • Primary Care Providers •
Teachers & School Administrators • Caregivers



September 30, 2020

3:00 – 4:30 pm EDT

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While the term pandemic is officially used to denote the global nature of the spread of the infectious disease, an argument can easily be made for **anxiety** as a secondary pandemic in relation to COVID-19. From the faltering global economy to the overwhelming flow of new information, rules, and recommendations that seem to come both all too fast and painfully slowly, adults everywhere are struggling to stay afloat.

What can we, as caregivers and helping professionals, do to help our youth cope with current and anxiety-provoking conditions?

Join presenter, **Wendy K. Silverman, PhD**, (Director of the Anxiety and Mood Disorder Program at the Yale Child Study Center) to go back to the basics and address the anxiety brewing in response to 2020s many curveballs.

Learning Objectives:

Following this webinar, learners will possess:

- **Knowledge of research** to date surrounding youth anxiety as it pertains to COVID-19 and related events from the past such as natural disasters.
- An **understanding of the key factors** underlying youth anxiety disorders.
- **Guidelines on how to facilitate** a safe and healthy environment, minimizing the potential impact of anxiety on youth in their care.
- **Practical tips and ready-to-go exercises** to help combat youth anxiety.