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Mental Health Tips for Troubling Times

With Brian Malbon and Diane Bolduc

The civic unrest over the past weeks and the uncertainty surrounding the next week has brought up a lot of emotions for many of us, including the people we support. This short video, featuring Diane Bolduc, M.Ed., LCMHC, and Brian Malbon, MSW, shares tips for supporting ourselves and others through challenging times. We hope that you find it useful.

Mental Health Tip Sheet

In addition to the video, you can [download a Mental Health Tip Sheet here](#).



[Watch the Video](#)

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