

Feeling stressed or overwhelmed?

Maj. Brewton from the 23 MDG's Mental Health Clinic talks about how to cope with stressors during this time!

Other helpful links for help coping with stressors are below:

<https://www.militaryonesource.mil>.

(This is a very helpful resource for pretty much every military-related topic. They can also provide confidential help telephonically or via virtual means.)

<https://www.ptsd.va.gov/covid/COVID19ManagingStress032020.pdf>

(This website also has a lot of great information for community members, leaders and healthcare workers.)

Video link: <https://www.dvidshub.net/video/743874/mental-health-during-covid-19>