To help you navigate the unique mental health and wellness challenges presented by the COVID-19 pandemic, the UCSF Department of Psychiatry has put together a collection of short videos focused on ways we can protect and enhance our own emotional well-being. The videos, which are available for free on YouTube [1], feature strategies and techniques shared by mental health experts at UCSF, as well as some of our colleagues from around the nation.
If you are interested in contributing a video to our library, please contact us at ame.center@ucsf.edu.

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