



# Getting you help

Wednesday, March 11, 2026, at 1:00 p.m. CT.

In challenging times, we often neglect to check in on our own wellbeing. In this class, participants will learn how to evaluate their mental health and recognize signs of anxiety, insomnia and unhealthy habits that may arise during periods of stress. Participants will leave with a mental health checklist and coping mechanisms for future use. Join us to take the first step toward better self-care and mental health!



Scan the QR code to [register now](#).

The webinar will be recorded and posted on your Employee Assistance Program website, [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com).

