

EMPLOYER NEWS

June 1, 2020

SOCIAL ISOLATION AND LONELINESS WORKSHOP:

Behavioral Healthcare Options
invites you to attend
Tools 2 Thrive workshop
Thursday, June 11, 2020 Noon to 1 p.m.
Online via Webex
Presented by
Rebecca Sultan, MA, LMFT, LCADC

Rebecca Sultan received her master's degree in counseling psychology from Regis University. She is the manager of Employee Assistance Program Services for Health Plan of Nevada's behavioral health department. She has extensive training and experience in mental health disorders, substance use disorders, stress management, critical incidents, and group culture.

Tools 2 Thrive workshop

Mental health is essential to everyone's overall health and well-being. Behavioral Healthcare Options is hosting an educational event on mental health, including ways to promote resiliency in times of isolation and loneliness.

This workshop will focus on:

- Defining social isolation
- Impact of social isolation
- Tips to combat social isolation

Registration is limited. Please **RSVP** with your name, email address and phone number to **Ana.Grijalva@uhc.com** by Monday, June 8, 2020. After registration, you will receive an invite to the Webex.



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