



Managing your mental health through a time of change and uncertainty in the COVID-19 pandemic

The North Shore Stress & Anxiety Clinic (NSSAC) is hosting a **FREE** online talk aimed at helping people better manage their mental health during this time of great change and uncertainty.

For the **link to the talk**, visit us at www.nssac.ca or see link below.

DATE: November 5th, 2020

TIME: 7:00 PM

PRESENTER: Dr. Katie O'Donnell

DETAILS: <https://tinyurl.com/y5a7j52o>



In any epidemic, it is normal for individuals to experience more stress and worry. In this talk, Dr. O'Donnell will discuss ways in which the pandemic has impacted our lives and the potential emotional and psychological consequences. She will cover evidence-based psychological strategies and practical tips to help you maintain and improve your mental health and that of loved ones during this difficult time.

Dr. Katie O'Donnell is originally from Dublin, Ireland and moved to Vancouver in 2019. She is a clinician at the North Shore Stress and Anxiety Clinic, where she provides evidence-based psychological treatment to clients across the lifespan with a range of mental health difficulties. She received her doctorate in clinical psychology from Queen's University Belfast, accredited by the British Psychological Society, and is in the process of registering with the College of Psychologists of British Columbia.