FREE ONLINE SUPPORT GROUP FOR MEDICAL STUDENTS, RESIDENTS AND FELLOWS

We understand that these are challenging times. You may feel confused, lonely, sad, scared, and more. The Department of Psychiatry would like to offer support and social engagement in this time of social distancing. We are offering an educational support group for students and residents who would like to talk to others about how they are managing this situation with the facilitation of a student and resident mental health psychologist. These meetings will be non-clinical (i.e., you do not have to be a SRMH patient). The group will “meet” on Tuesdays and Fridays from noon to 1 pm.

Scan QR Code to register.