Sustaining Wellness During the COVID-19 Pandemic
Webex Events

Presented by:
TTUHSC El Paso Department of Psychiatry

About: The TTUHSC El Paso Department of Psychiatry is offering Webex sessions to provide support and coping tips for our trainees and colleagues. These sessions are NOT considered psychotherapy. Attendees will have the opportunity to ask questions via a Q&A format.

Webex Links: Below are the Webex events scheduled for next week. To join, click on the link for the session of your choice. You may join the meeting up to five minutes prior to the start time.

- **UMC and El Paso Children’s Hospital Employees:** Sustaining Wellness During the COVID-19 Pandemic
  1 p.m. Monday, May 4, 2020
  [https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=e0fe6de0427a92f0a7fdd7fb2a26f76fb](https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=e0fe6de0427a92f0a7fdd7fb2a26f76fb)

- **El Paso Psychiatric Center Employees:** Sustaining Wellness During the COVID-19 Pandemic
  4 p.m. Monday, May 4, 2020
  [https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=e91da05caf868eb4298dc1be1dd3084c2](https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=e91da05caf868eb4298dc1be1dd3084c2)

- **TTUHSC El Paso Employees:** Sustaining Wellness During the COVID-19 Pandemic
  2 p.m. Tuesday, May 5, 2020
  [https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=ee86b6a4dba91d9cad8dd41abf1c5b976](https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=ee86b6a4dba91d9cad8dd41abf1c5b976)

- **TTUHSC El Paso Residents and Fellows:** Sustaining Wellness During the COVID-19 Pandemic
  Noon Thursday, May 7, 2020
  [https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=eb053be4680b3961072d0ac9d7ea874df](https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=eb053be4680b3961072d0ac9d7ea874df)

- **TTUHSC El Paso Students:** Sustaining Wellness During the COVID-19 Pandemic
  2 p.m. Friday, May 8, 2020
  [https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=ee5f0790a32192dc9941e12491eae4ca](https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=ee5f0790a32192dc9941e12491eae4ca)
**During the Event:**

- Sharing your video is not an option during the Webex event.
- You will be muted by default upon joining.
- You cannot unmute yourself.
- To ask a question or speak:
  - Type your question using the **Q&A panel** on the right side of the screen.
  - If you wish to speak during the meeting, click on the **raise your hand icon** and the host will unmute your microphone.