

*Calling All Community Health Workers!*  
*Join us for the*  
**CHW 2022 TRAINING PROJECT**

**SESSION 5:**

# CHWs and Depression

Presented by: Brenda Moes

**LIVE ONLINE\* THURSDAY, MARCH 3, 2022**  
**3:00 – 4:00 PM CT**

*\*The session will be recorded and available on demand following the live event.*

**TO REGISTER: <https://go.unl.edu/chw-depression>**

Sessions are **FREE** but **REGISTRATION IS REQUIRED** to receive the link for the event.  
Certificates of Completion are issued to CHWs who view the event in its entirety  
and complete an evaluation.

**OBJECTIVES:**

*As a result of participating in this session, CHW can expect to learn about:*

1. Recognize and describe signs of depression
2. Be more likely to communicate and raise awareness about depression, in order to reduce stigma and barriers
3. Know how to find help for depression
4. Recognize the importance of taking care of ourselves to foster our own resilience
5. Have access to additional resources

See our webpage for future sessions! <https://dhhs.ne.gov/Pages/MCASH-CHW.aspx>

Questions? Contact us! [DHHS.mcashfeedback@nebraska.gov](mailto:DHHS.mcashfeedback@nebraska.gov)



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