

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

SESSION 6:

# CHW Responding to Anxiety and Non-Suicidal Self Injury

Presented by: CHW Janet Livingston and Judy Hartmann, with Guest Speaker Dr. Don Belau

**LIVE ONLINE\* WEDNESDAY, APRIL 13, 2022**  
**3:00 – 4:00 PM CT**

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

<https://go.unl.edu/chw-anxiety>

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. Understand anxiety in relation to high-risk behaviors including non-suicidal self-injury.
2. Learn about how we cope, in healthy and unhealthy ways.
3. Learn ways to communicate with individuals about high-risk behaviors, prioritizing staying safe and getting help.
4. Receive resources for healthy coping.

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)



*The CHW Training Project is made possible by the Nebraska MCH Title V Block Grant, awarded by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$4,029,980 with 0 percent financed with non-governmental sources. The contents are those of the authors and do not necessarily represent the official views of, not an endorsement by, HRSA, HHS, the U.S. Government, or the Nebraska Department of Health and Human Services. For more information visit HRSA.gov.*