



# Caring for Your Emotional Health in the Time of COVID-19

The daily demands of work, family and other responsibilities create stress and anxiety, especially during the COVID-19 pandemic. While challenges can be difficult, getting help doesn't have to be.

Register for **Caring for Your Emotional Health in the Time of COVID-19** webinar. Learn more about:

- How Horizon Blue Cross Blue Shield of New Jersey's comprehensive behavioral health services can help improve your emotional health
- The new teletherapy options and digital tools for anxiety, depression and stress

Horizon Behavioral Health staff will discuss our expanded network, specialized programs, group and individual counseling and other services that fit your needs.

Whatever you're facing, Horizon BCBSNJ is here for you when you need us most. Now and always.

## Caring for Your Emotional Health in the Time of COVID-19

**Date: Thursday, May 28**

**Time: 10 a.m. or 2 p.m.**

[Register for the 10 a.m. webinar](#)

[Register for the 2 p.m. webinar](#)