



Patient Advocate Program

May 27, 2025 Teach in

Connect to the Webinar using your telephone, computer, or tablet

THE NEW BE WELL INITIATIVE.

Resources to better cope and maintain mental wellness.

Date: Tuesday, May 27, 2025 **Time:** 10:00 AM—11:00 AM

Speaker: Kathryn Provencher, Office of Prevention and Health Initiatives, NYS Office of Mental Health

To register for the ZOOM Webinar event: Scan the QR code, click [HERE](#), or visit our website at www.nysenior.org



Session Overview

Stress is a major cause of multiple health problems that affect people of all ages.

The New York State Office of Mental Health has a new public awareness campaign called "Be Well" to help all New Yorkers understand the importance of mental wellness and the impacts of stress and trauma.

The more we increase public awareness about the importance of mental health the more we empower each other to be well.

In this session you will learn about:

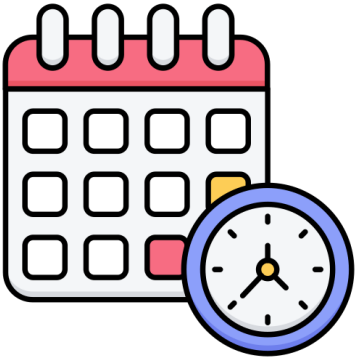
- How to access important information on topics like wellness, resilience, stress, and trauma.
- How to find tips and strategies to support your mental wellness and navigate tough times.
- The importance of community and how we can all contribute to community wellness.
- Additional resources on the "Be Well" website including print materials.
- Opportunities to learn skills to cope with stress and build resilience through the Breath-Body-Mind™ Practice Sessions.

STATE  **WIDE**

New York StateWide Senior Action Council, Inc
4 Computer Drive West, Suite 205, Albany, NY 12205 • Fax 518-436-7642
www.nysenior.org • 800-333-4374

Patients' Rights Helpline 800-333-4374

Upcoming Teach ins



JUNE 24: Using Telehealth for Older Adults

Speaker: Dr. Michael Dinkels

Owner & chief clinician of Critical Care Telemedicine PLLC

SAVE THE DATE: October 13-15

2025 StateWide Convention in Saratoga Springs

Call 800-333-4374 for more information.

Instructions and Other Information about Teach ins

- Sessions are in webinar mode, all attendees video and audio will be off. Attendees will be able to type in their questions during the Q&A portion of the meeting.
- Materials from Teach Ins are posted on our website www.nysenior.org
- For more information about our Teach ins, visit our website homepage:
 1. On the red navigation bar, click on **Our Helplines**
 2. In the drop down menu, click on **Patient's Rights Helpline**
 3. Look for the Teach in button **Click Here for Teach ins.**
This button will take you to additional information about

CLICK HERE FOR TEACH INS ▶

NY STATEWIDE SENIOR ACTION COUNCIL is a not-for-profit grassroots membership organization made up of individuals and organizations with an interest in improving the lives of senior citizens.

FUNDING FOR OUR PATIENT ADVOCATES PROGRAM is being provided through the generous support of the NYS Legislature and administered by the NYS Office for the Aging.

THE STATEWIDE PATIENTS' RIGHTS HELPLINE IS TOLL FREE AT 800-333-4374.

Information is also available on the StateWide website at www.nysenior.org

E-MAIL QUESTIONS TO: patientsrights@nysenior.org

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Call 800-333-4374 to register