To help stop the spread of COVID-19, the residents of New York City are encouraged to stay at home. These trainings provide information in order to stay safe and provide self-care.

**Psychological First Aid**

**Training Link:** [https://mssm.zoom.us/rec/share/xZZHMbXeykNlaJHhyhmBa4gjFbXueaa80yMfq6clz0mRmdzuDwu46Xoavo1bSDct?startTime=1585364391000](https://mssm.zoom.us/rec/share/xZZHMbXeykNlaJHhyhmBa4gjFbXueaa80yMfq6clz0mRmdzuDwu46Xoavo1bSDct?startTime=1585364391000)
Craig Katz, MD: Psychiatrist at Mount Sinai Health System

**Advance Care Planning for COVID-19**

**Training Link:** [https://vimeo.com/402637035](https://vimeo.com/402637035)
Keisha Berglund and Diane Farquhar, Palliative Care Social Workers at Mount Sinai Hospital

**Supporting Women and Children:**

**Training Link:** [https://vimeo.com/417730642](https://vimeo.com/417730642)