

# CARING IN TIME OF CRISIS

WeCare



INTER-EUROPEAN  
Adventist Health Ministries

WECARE WEBINAR SERIES

**BULGARIA**

**Love  
Compassion  
Care**

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 zoom

 YouTube

**NEVER BELIEVE THAT A  
FEW CARING PEOPLE CAN'T  
CHANGE THE WORLD. FOR,  
INDEED, THAT'S ALL WHO  
EVER HAVE.**

— MARGARET MEAD

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# TOPICS

Jesus our example

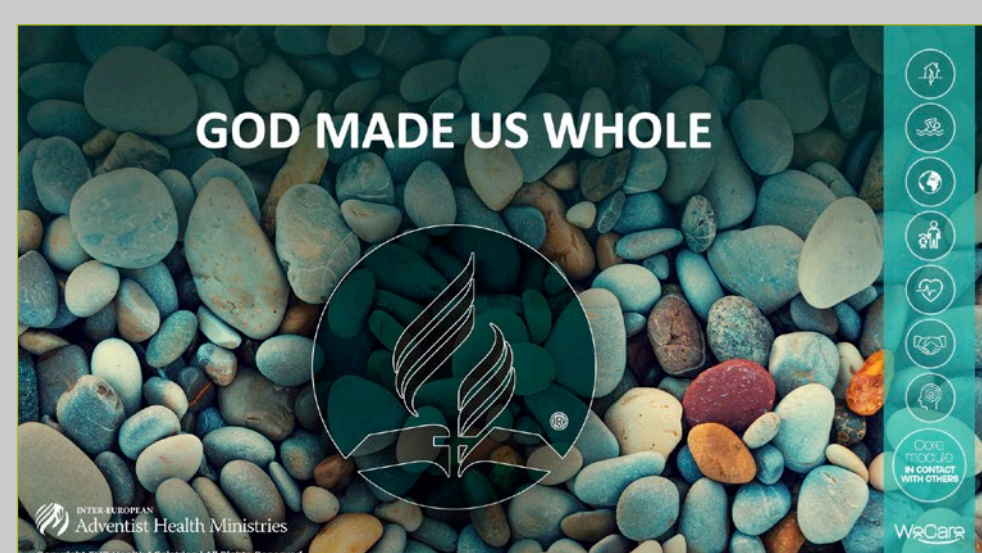
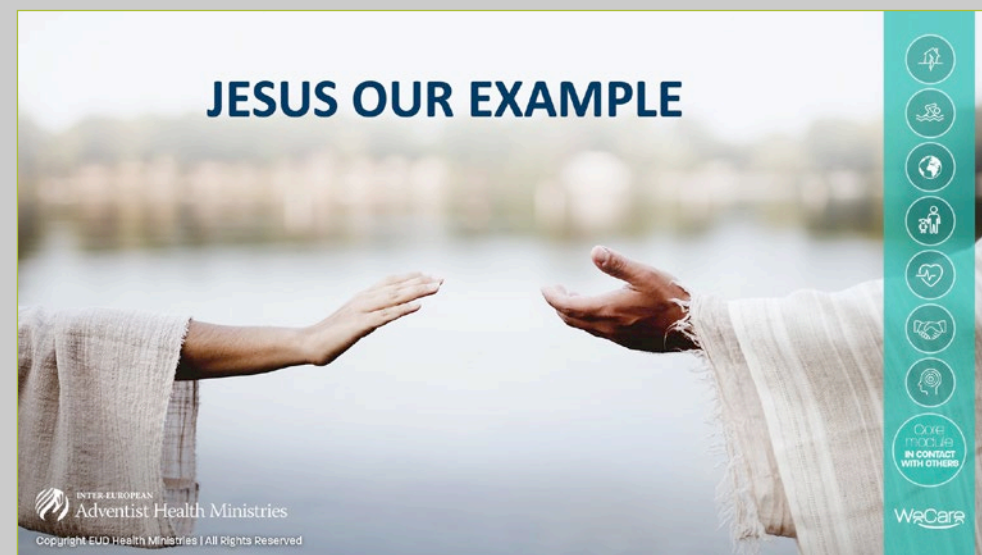
Following in His  
footsteps

Connecting to  
others

Perceived needs  
versus real wants

Why compassion is  
so important?

God made us whole



REGISTER NOW!

# TOPICS

Crisis & Resilience

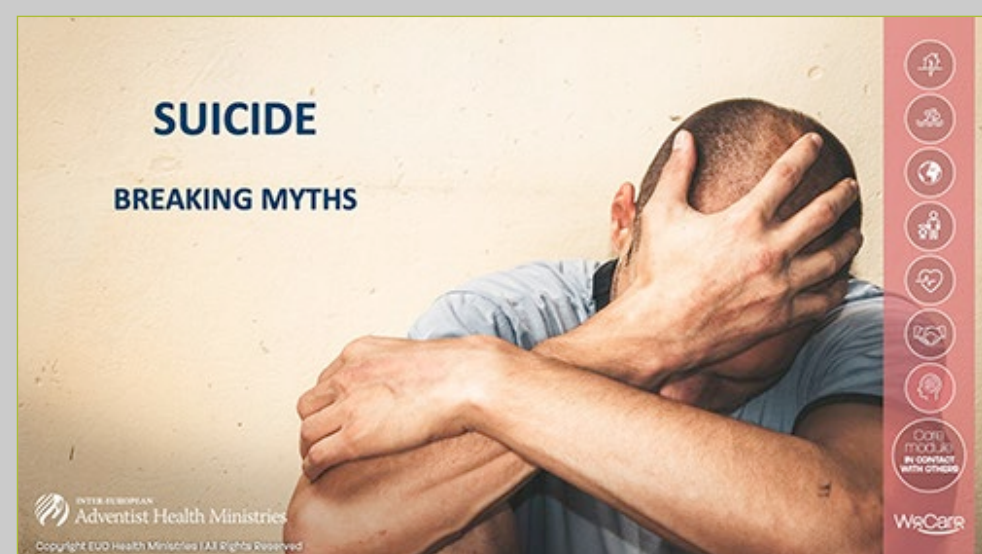
Factors to mental health & illness

Suicide – Breaking the myths

Depression – Helping meaningfully

Anxiety disorders – How to care?

Loneliness and its effects on health



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# CARING IN TIME OF CRISIS

The COVID-19 crisis and mitigation measures have caused a massive shock across Europe and around the world. People have been impacted at many levels with disruptions of their social life, family relationships, educational endeavors, physical health, professional activities or sources of income. 2020 has been marked by a sharp increase in loss, fear, uncertainty and social pain.

What studies clearly show is that psychosocial adversity has a major impact on stress-related disorders such as depression, anxiety disorders, phobia and other common mental disorders. And as a consequence, it is anticipated and already seen that “the second pandemic” following the Covid-19 crisis will be a “mental health pandemic”.

This webinar series will help you:

1. To gain an in-depth understanding for the most prevalent mental health conditions today
2. To understand from a scientific perspective why Jesus is The Way also in his approach to suffering
3. To learn about the importance of applied empathy to individual well-being
4. To develop more meaningful interactions and relationships with those around you



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