



Asian American Health Initiative presents

COVID-19 and Mental Health Video Series



**Each video is available in English,
Chinese, Hindi, Korean & Vietnamese.**



**Managing
Your Stress**



**Dimensions
of Wellness**



**Guide to
Self Care**



**Staying Active
for Well-Being**



**Coping with
Grief
and Loss**



**Guidance
for Older
Adults**



**Maintaining
Social
Connections**



**Building
Resilience**



**Supporting
Your Children
and Teens**



**Impact on
Domestic
Violence**

**Visit AAHI's
YouTube
page to
access these
videos!**

Stay Connected!



Asian American
Health Initiative



Asian American
Health Initiative



@ AAHI_Info

Contact Us!



1401 Rockville Pike,
3rd Floor
Rockville, MD 20852



Tel: 240-777-4517
Fax: 240-777-4564



Email:
info@AAHIinfo.org



www.AAHIinfo.org