

**NEWS RELEASE****Contact:**

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**FOR IMMEDIATE RELEASE****SALISBURY BANK OFFERS A FREE WEBINAR ON COVID-19 AND MENTAL HEALTH**

Lakeville, CT – May 20, 2020 – Salisbury Bank is partnering with Mountainside to bring you a free webinar on COVID-19 and Mental Health.

COVID-19 and quarantine have impacted individuals' mental health. Guidance will be given on how to manage stress and uncertainty during this difficult time.

Topics of discussion will include:

- The impact that social isolation has on mental health and tips to help you cope
- The effect that the loss of work, friends, community, etc. can have on mental health and ways to help you handle this loss
- How to tackle the fear and uncertainty of re-opening and what the new "normal" may look like; how to face the unknown

Concludes with a Q&A and guided meditation!

**Anthony Nave, LCSW - Senior Manager, Outpatient Services, Mountainside**

A Licensed Clinical Social Worker with a master's degree in Educational Psychology and Clinical Social Work, Anthony designs curriculums for clinical programming, while incorporating interpersonal neurobiology and trauma responsive framework into one-on-one counseling sessions, family sessions, group therapy, and supervision.

**Marie Lanier, LCSW - Manager of Executive Projects, Mountainside**

Marie Lanier is a Licensed Clinical Social Worker and holds a Master of Social Work with a specialization in Substance Abuse Treatment. As the Manager of Executive Projects at Mountainside, she works to facilitate initiatives to enhance company and clinical outcomes and is a firm believer in the client's innate ability to heal and progress on their life path.

Please join this webinar on Monday, June 8, 2020  
4:00 p.m. - 5:30 p.m.

To register, visit [salisburybank.com/zoom](https://salisburybank.com/zoom). You may also register by contacting Genia Pavlova at 860.453.3496, or email at [epavlova@salisburybank.com](mailto:epavlova@salisburybank.com) (please type "COVID-19" in the subject line).

*Salisbury Bank is a full-service community bank headquartered in Lakeville, Connecticut and presently operates full service branches in Canaan, Lakeville, Salisbury, and Sharon, Connecticut; Great Barrington, Sheffield, and South Egremont, Massachusetts; as well as Dover Plains, Fishkill, Millerton, New Paltz, Newburgh, Poughkeepsie, and Red Oaks Mill, New York. The Bank has been serving families and businesses for over 170 years and offers a full range of consumer and business banking products and services as well as trust and investment services.*