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BEHAVIORAL HEALTH SERVICES NORTH (BHSN) TO LAUNCH LIVESTREAM SERIES

Plattsburgh, NY - Behavioral Health Services North, Inc (BHSN) is pleased to announce the launch of BHSN Live, a live stream video series focused on the intersections of life, health and wellness.

BHSN seeks to engage with the community and foster discussion surrounding topics that effect our everyday lives, such as health, family, and current events. Our inaugural episodes will use the events of today, COVID-19, and take a look at how individuals and families are coping with the unique challenges that we are facing. The power of human connection can be transforming in situations such as the one we find ourselves in, and it should not be underestimated.

The COVID-19 pandemic impacts each individual in different ways and many are struggling to come to terms with their current reality, and, current workload. Never in our lifetime have individuals faced the challenges that we are facing now, and BHSN would like to connect with the community and provide helpful tips as we navigate our new everyday realities.

Mental health during this unprecedented time must remain a focus for all, and BHSN is taking proactive steps to care for the community as well as meet critical needs. "At this time, when so many families are under so much stress, we're excited to give our community the chance to speak directly with our team about whatever they may be dealing with. Although clinical topics will be addressed, these segments will be down to earth with injections of humor and personal experiences", said Liz Cole, Director of Operations, and co-host of the new YouTube series.

The first episode, "Life Unscripted" is geared towards parents who are working from home as well as caring for their families. BHSN licensed clinicians will answer questions submitted by the public before the episode as well as field live questions.

Questions can be asked anonymously through BHSN's various social media avenues as well as live tweeted to #askbhsn. BHSN has already received several questions, for example, "Lots of parents working from home feel guilt when making sacrifices. How do I deal with this guilt?" and, "What are some tips for when I am at my breaking point?"

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TRANSFORMING CARE | ENRICHING LIFE

BHSN's website and social media pages will be updated frequently regarding upcoming episodes and topics. Please visit www.bhsn.org for more information or follow us on social media.

Tune in live at 4pm on Thursday, May 7, to listen, engage, and learn via the BHSN webpage at www.bhsn.org or on YouTube, <https://www.youtube.com/user/bhsnorg>

ABOUT BHSN

[Behavioral Health Services North, Inc.](http://www.bhsn.org), a progressive not-for-profit organization founded in 1874, is committed to strengthening individuals, families, and community life by delivering a behavioral health care and human service system that provides an integrated continuum of essential, responsive, and cost-effective services. BHSN brings treatment, rehabilitation and support to families in the North Country. BHSN has emerged as a leader in behavioral health services in the northernmost area of New York State. Located along the shores of Lake Champlain, BHSN has over 20 sites which comprise its 20+ programs.

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