



Resources *for Living*®

Join us for a live webinar

Addressing Mental Health Challenges for Women

Women face different stressors than other populations and also experience mental health challenges at different rates. This webinar will explore the differences and provide strategies for support and resilience.

Join Talkspace as we discuss unique challenges women often face and walk away with a better understanding of available resources.

Join us for a live webinar hosted by Talkspace's Laura Magnuson LAMFT, VP of Clinical Engagement.

March 19 at 1 p.m. ET/ 10 a.m. PT

[Register](#)

We're here for you and your household members 24/7. Visit us online or call anytime.

(800) 848-9392 (TTY: 711)

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Organization Username: pcsb

Access Code: eap



Get started with chat therapy

It's easy to use your free and confidential sessions with Talkspace. Get support online on your schedule to help you with:

- Anxiety and depression
- Stress
- Relationship conflict
- Work/life balance and more

[Learn more](#)

View previous webinars

Learn more about how chat therapy can support you and those close to you. Listen to on-demand webinars and give Talkspace a try to improve your emotional well-being on your schedule.

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