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Resilience: Protecting Your Mental Health in Stressful Times

Rough patches and stressful situations are a part of life. In this session, we'll help you discover how strong you are and healthy coping mechanisms. Resilience: Protecting Your Mental Health in Stressful Times

Tuesday, May 14

12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions? Member Services Has the Answers. Call 1-800-414-SHBP (7427).

NJWELL, administered by the New Jersey Division of Pensions and Benefits, is an incentive-based wellness program offered to eligible employees and their covered spouses/ partners who participate in the SHBP/SEHBP. All provisions of the program are established by the Division and are subject to change. More details can be found on nj.gov/njwell/. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross Blue Shield Association. The Blue Cross[®] and Blue Shield[®] names and symbols are registered marks of the Blue Cross Blue Shield Association. The Horizon[®] name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2024 Horizon Blue Cross Blue Shield of New Jersey. Three Penn Plaza East, Newark, New Jersey 07105-2200. ECN0020782 (0524)