



PTSD and Me: Time for Nurses to Heal Ourselves

November 19, 2020 | 6 – 7:30 p.m. | Zoom

Who?

University of Houston
Nursing Alumni with
Houston Nurses
Together

What?

A panel discussion
focused on the mental
health of nurses, first
responders to the
COVID-19 crisis and
beyond

How?

Experts talk about how
to identify PTSD and
burnout. Resources
will be shared on how
to manage stress.

About Houston Nurses Together

Houston Nurses together is an outgrowth of the World Health Organization designation of 2020 as Year of the Nurse and Midwife. Nurses and midwives play a vital role in providing health services. They devote their lives to caring for mothers and children; giving lifesaving immunizations and health advice; looking after older people and generally meeting everyday essential health needs. They are often, the first and only point of care in their communities. The world needs 9 million more nurses and midwives if it is to achieve universal health coverage by 2030. In Texas, the shortage of nurses is expected to be around 60,000 by 2030.

Houston Nurses Together is a collaboration between the nursing alumni of University of Houston, Prairie View A & M University and Texas Woman's University. The three schools came together to celebrate Nurses.

Register here: <https://securelb.imodules.com/s/1442/17/index.aspx?sid=1442&gid=2&pgid=6021&cid=8862>

The Zoom link will be sent to registrants by November 18, 2020.

This nursing continuing professional development activity was approved by Louisiana State Nurses Association for 1.5 hours, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Activity number: LSNA-100609136-2020