**Twitter post for toolkit:**

This free toolkit from @MPMHTTC has been developed to encourage #selfcare and build #resilience among physical and behavioral healthcare providers amidst the global health #pandemic.

Download: https://mhttcnetwork.org/centers/mountain-plains-mhttc/product/building-resilience-among-physical-and-behavioral-healthcare

@samhsagov #mentalhealth

**Twitter post for training series:**

Join @MPMHTTC for a 4-part series developed to encourage self-care and to build #resilience among healthcare providers during the global health #pandemic.

Register: https://mhttcnetwork.org/centers/mountain-plains-mhttc/event/understanding-impact-public-health-crisis-physical-and

@samhsagov #mentalhealth