



WEBINAR: Psychological Impact of COVID-19

August 17, 2020

Time	Titles & Speakers
15:00 - 15:25	Health Anxiety and Depression in COVID-19 <i>Dr. Irfan Ahmed - Derbyshire Mental Health Trust, Derby, UK</i>
15:25 - 15:50	Stress Management in COVID-19 <i>Dr. Muhammad Asif - SKMCH&RC, Lahore, Pakistan</i>
15:50 - 16:10	Mindset Shift for Better Coping <i>Alina Rashid - SKMCH&RC, Lahore, Pakistan</i>
16:10 - 16:30	Case Discussion and Practical Management <i>Saira Gul - SKMCH&RC, Peshawar, Pakistan</i>

