



Improving lives THROUGH
supports and services
THAT FOSTER self-determination.

12/7/20

StationMD

The Division's Facebook Live with StationMD on November 23 is available on the Division's StationMD web page. The event discussed managing holiday season stress.

Caregiving can be extremely rewarding but can also be stressful. This stress can impact your own health and well-being if not managed properly. See below for some tips to manage your stress:

- Acknowledge your feelings
- Stick to a budget
- Plan Ahead
- Learn to say no
- Don't abandon healthy habits
- Take a breather
- Ask for and accept help

To watch the full live session on YouTube, click [here](#).

StationMD is here to address your health concerns and answer your medical questions. To speak with a doctor 24/7 from the comfort of home, please call 1-877-STATMDS (1-877-782-8637). If you are on a Missouri DD Waiver, this service is free of charge to you

For more information on how to access and use the StationMD service, click [here](#). For questions about StationMD, please email MO-DMH@stationmd.com or call 1-908-663-2929 ext. 830.