



Webinar

NAVIGATING MENTAL HEALTH-RELATED CHALLENGES: A FAMILY COMMUNICATION PERSPECTIVE



Wednesday, February 14
12:00 pm - 1:00 pm ET

When an individual experiences a mental health-related challenge, their entire family is impacted, whether directly or indirectly. Join this webinar to:

- Explore the realities of mental health-related challenges from a family perspective.
- Learn strategies for effectively engaging with loved ones who might be struggling.
- Get a foundational understanding of family communication and mental health to prepare family members to practice self-care while supporting their loved ones.

MEET THE SPEAKER:



Erin Crow, Ph.D.

Strategic Account Manager,
Youturn Health

Erin Crow, Ph.D., earned her doctorate in Communication from Chapman University. Her research interests are at the intersection of health, interpersonal, and organizational communication as it relates to support seeking, social support, stigma, and resilience. She is particularly interested in translational research that improves access to needed support for underserved populations and those who face extensive barriers to gaining assistance. Erin is a Strategic Account Manager here at Youturn Health and a part-time Adjunct Professor teaching various communication-related courses at multiple universities in Connecticut, as well as a Certified Mental Health First Aid Instructor.

REGISTER

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<https://bit.ly/FamilyCommWebinar>

