

## Blessing and Family Ministry at Home: Mental Health: Dealing With It Effectively

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### Mental Health: Dealing With It Effectively

**Dear Families,**

We would like to share a very [helpful video](#) presentation and conversation starter about mental health by Dr. Josephine Hauer. The presentation was given a few years ago to our faith community, but still very much holds relevance today.

Dr. Hauer discusses strategies that reflect a comprehensive approach to dealing effectively with the challenges that individuals and their spouses encounter when facing mental health issues.

### **Your opportunity to ask questions about mental health**

We are currently planning an interview-style recording with several experts in the area of mental health.

If you have any questions for them specifically about mental health issues, please submit your question [using this form](#).

[WATCH VIDEO >](#)



## Mental Health Q&A

We are currently planning an interview-style recording with several experts in the area of mental health.

If you have any questions for them specifically about mental health issues, please write your question below.


Please write your question as in-depth as you can. \*

Optional: Your Name

FirstLast


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