

# 8<sup>th</sup> World Summit on Mental Health, Psychiatry and Wellbeing

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## **Breaking the Silence of this Relationship Destroyer - - Hope for Mental Health in Relationships**

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Do you feel hopeless, tired, and worn out? Are you ready to give up on your relationship because of a mental health or addiction condition? Living with and/or being in a relationship with someone with a mental health condition is difficult. In fact, your relationship is 20% to 80% more likely to not work out. And this was a pre-pandemic world-wide study statistic. Breaking the silence from this relationship destroyer, Erin Ramachandran, Award-Winning Author, Mental Health Program Director and Founder of Mental Health Strong provides tools, resources and support for relationships. She simplifies what works into eight effective steps to walking resiliently alongside a loved one with a mental health or addiction challenge. These steps can be applied to any type of caring relationship whether a spouse, parent, or other where someone is walking alongside a loved one. Let's work together to be Mental Health Strong.

### **Biography**

Erin Ramachandran is an award-winning author of Mental Health Strong, A Christian's Guide to Walking Resiliently alongside Your Spouse with a Mental Health Condition. Erin holds a master's degree in Health Care Administration, is a Psychology Doctorate Student and is a certified Mental Health First Aid USA instructor. She has previously spoken at multiple conferences including the Mental Health Matters Conference, the International OCD Annual Conference and multiple others. Professionally, Erin has worked in the healthcare industry for more than seventeen years and is the Mental Health & Wellness Program Director at one of the largest non-profit health plans in the United States. Besides her professional experience, Erin personally lives this day-in and day-out with her husband, Keith who has been diagnosed with multiple mental health disorders including OCD, Depression and PTSD. Together they have started a non-profit called Mental Health Strong to bring hope to marriages with mental health and addiction challenges. Her and her husband, Keith live in Southern California and have been married for over thirteen years.

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