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Real Couples and Real Stories for Hope for Relationships with Mental Health Conditions

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Founders of Mental Health Strong, USA

Do you feel like you and your loved one are stuck in a relationship and ready to call it quits? Hold on to be inspired, learn and obtain new resources from the Ramachandrans as they have battled together for over a decade and a half with battling multiple mental health conditions. Keith has been diagnosed with five disorders including Obsessive Compulsive Disorder (OCD), Depression, Anxiety, Panic Disorder and Post Traumatic Stress Disorder (PTSD) and struggles with suicidal thoughts. Both Keith and Erin were not aware of these conditions at the beginning of the relationship and so they have been learning together how to fight this battle which includes trauma, losses and disappointments. This couple shares the behind closed doors insights and vulnerabilities with the desire to bring hope and healing to your relationship. They believe that if their relationship can make it, others can as well. Hope, resources and support for your relationship are here.

Biography

Erin holds a masters degree in Health Care Administration, is a certified Mental Health First Aid instructor and an award-winning author. She has worked for over fifteen years at one of the largest non-profit health plans in the United States, and is currently a Mental Health & Wellness Program Director there. Outside of work, Erin enjoys traveling, swimming, mentoring, watching movies, and speaking on matters pertaining to mental health, marriage, and faith. She is passionate about helping marriages affected by mental health challenges. She lives with her husband, Keith, in Fullerton, California.

Keith holds masters degrees in Computer Science and Philosophy of Religion & Ethics. He works as the technology director and web designer for two California based nonprofit organizations. Outside of work, Keith enjoys reading, traveling, watching movies, biking, and speaking on matters pertaining to philosophy, worldviews, and faith. His battles with anxiety, depression, and Obsessive Compulsive Disorder (OCD) fuel his passion to help both individuals and marriages affected by mental health challenges. He lives with his wife, Erin, in Fullerton, California.

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