

What If I Say the Wrong Thing? Tips for Communicating When Your Loved One Is Depressed

Part of our Adult Depression Webinar Series

**Oct. 27, 2021
7:00 pm ET**

Learn more at



[www.familyaware.org/
trainings](http://www.familyaware.org/trainings)



Join our Free Webinar and learn to

- communicate effectively with a loved one about their depression
- manage conflict and maintain their own boundaries
- offer hope to a person living with depression

Intended for caregivers, family members, friends, and caring adults interested in learning about adult depression and effective communication.



Families for Depression

**Awareness is a national
nonprofit organization
helping families recognize
and cope with depression
and bipolar disorder
to get people well and
prevent suicides.**

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Chris Segrin, PhD, is Professor and Department Head of the Department of Communication, and Adjunct Professor of Psychology and Family Studies, at the University of Arizona College of Social and Behavioral Sciences. As a behavioral scientist specializing in interpersonal relationships and mental health, Dr. Segrin's research focuses on social skills, relationship development and satisfaction, and problems such as depression, anxiety, loneliness, and marital distress. Recently he has been conducting research studies on the intergenerational transmission of divorce, how social skills deficits make people vulnerable to depression, and why lonely people have more health problems than connected people. He teaches classes in interpersonal communication, nonverbal communication, persuasion, marriage and family, and research methods. Dr. Segrin is author of the books *Interpersonal Processes in Psychological Problems* and *Family Communication* and was editor of the journal *Communication Theory* from 2003 to 2005. Dr. Segrin has received six teaching awards combined from the University of Wisconsin, University of Kansas, and University of Arizona. He earned his PhD at the University of Wisconsin.