

**\*\*\*PRESS RELEASE\*\*\***

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**Mental health expert to join Moms For Mental Health**

**STUART** - Noted mental health expert Dr. Agnieszka Marshall has joined Moms For Mental Health as an advisor to the growing group of adults concerned about children and teens.

Founded in 2015 by family law attorney Linda Weiksner to share the 10 Red Light Warning Signs of potential youth mental health issues, Moms For Mental Health has attracted more than 300 members.

Now, the group includes an expert with years of clinical and therapeutic experience in helping children and teens address concerns including anxiety, poor self esteem, eating disorders and depression.

Marshall, who serves as the Director of Prevention Services and Clinical Supervisor for the non-profit Tykes & Teens, said Moms For Mental Health is a unique and much-needed group for parents, grandparents and other adults who seek practical tips to learn and share.

"I really appreciate the all-inclusive nature of this movement. Anyone can be a part of creating a positive ripple in their community," she said. "I look forward to providing psychologically sound and evidence-based information and answers to this powerful group."

Along with holding a doctoral degree in clinical psychology (Psy.D) from Florida Institute of Technology, Marshall is also a certified addictions professional (CAP) with the Florida Certification Board. She has held numerous graduate level lectures for social work students at universities and colleges throughout the region, as well as worked with law enforcement professionals and the general public to educate on topics ranging from child abuse to healthy teen relationships.

Her clinical practice has included experience in emergency crisis services, domestic violence, sexual abuse, substance abuse and individualized counseling for children and teens, as well as adults and elderly populations.

"Today, our level of insight has dramatically improved from what it was just 20 years ago. We know now that a child who is disruptive in school might be experiencing a complex emotional or mental health issue," she said. "We now have organizations and schools willing to accept this as a reality, so children can experience healing. We are coming a long way toward removing the shame associated with mental health treatment."

Linda Weiksnar, who founded Moms For Mental Health with other influential mothers, said it was an honor for the grassroots organization to partner with a respected, experienced mental health professional.

"With Dr. Marshall's knowledge and our members' passion, we will be able to reduce the stigma surrounding conversations on children's mental health," Weiksnar said. "We can better share practical information to help families be happier and more successful every day."

To join Moms For Mental Health or learn the 10 Red Light Warning Behaviors for potential mental health concerns, log on to [www.tykesandteens.org/moms-for-mental-health.html](http://www.tykesandteens.org/moms-for-mental-health.html).

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