

MENTAL MUNCHIES &

You Asked For It

1/8 (Mon)

Social Anxiety Disorder (Social Phobia): More Than Just Shyness

Dr. Wix

1/26 (Fri)

Nutrition and Mental Health: Your Brain on Food

Dr. Yadav

2/5 (Mon)

From TikTok to Instagram: Social Media and Mental Health

Dr. Trivedi

2/23 (Fri)

Understanding Eating Disorders

Dr. Pham

3/4(Mon)

The Cutting Edge: Non-Suicidal Self-Injury in Adolescence

Dr. Ashraf

3/22 (Fri)

Living well: How to Live with Bipolar Disorder

Dr. Karmegam

4/8 (Mon)

Myth and Facts: Things you Need to Know about Autism

Kimberly Brown, MD candidate

4/26 (Fri)

Parental Stress and Burnout: How to Recognize and Bounce Back from Exhaustion

Dr. Vodala

5/10 (Fri)

When Mom Is Depressed: Maternal Depression and Baby Blues

Dr. Shayeb

5/20 (Mon)

Shedding light on the shadow: PTSD in children and adolescents

Dr. Adnan

6/3 (Mon)

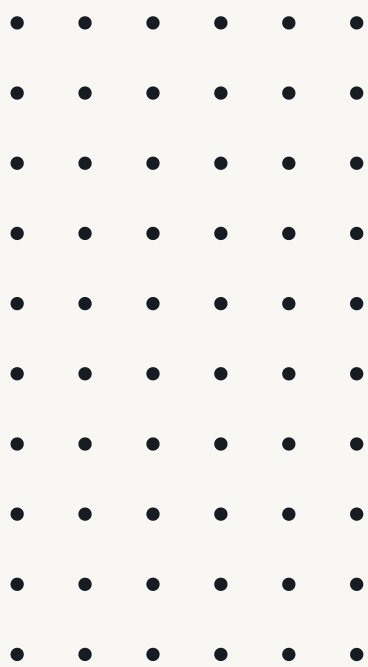
OCD and reassurance: How to Break the Cycle

Dr. Perugula

6/28 (Fri)

Cognitive Behavioral Therapy: Master Your Brain and Emotions to Overcome Anxiety, Depression and Negative Thoughts

Dr. Mian



RSVP NOW



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MON or FRI
 12PM-1PM
 via Zoom and Facebook Livestream
<https://ttuhsc.zoom.us/j/3356882490>