



An Overlooked Side of Lawyer Wellness: Family Mental Health

In this episode of *IADC Speaks*, Host [Matt Cairns](#) (Textron Inc.) sits down with IADC member [Rebecca Weinstein Bacon](#) (Barlit Beck LLP) and [Madison Cairns Maggio](#), LCSW to explore the mental health of our families. Rebecca offers a candid look into her own family's experiences, while Madison, a school therapist, provides professional insight into the challenges families face and the support systems available. Together, they shed light on family mental health—and what we can do about it.

HELPFUL RESOURCES

Rebecca and Madison share helpful family mental health resources, along with resources that build closeness and help families validate each other's emotions, which you can find below:

- [Depression and Bipolar Support Alliance](#)
- [National Alliance on Mental Illness \(NAMI\)](#)
- [Other Parents Like Me - a supportive community for parents with kids with mental health challenges](#)
- [Child Mind Institute](#)
- [Coping Skills – Anger](#)
- [Coping Skills – Depression](#)
- [Coping Skills - Anxiety](#)
- [Emotion Wheel Magnet](#)
- [Social Support](#)
- [Table Topics Family Question Card Game](#)