



## CFF Mental Health Advisory Committee

The mission of the CFF Mental Health Advisory Committee is to promote and support the mental well-being of individuals with CF and their families through a partnership with CF Care Centers to provide screening, preventative interventions and ongoing innovative services.

We are excited to be collaborating in worldwide efforts to disseminate and implement the joint CFF/ECFS consensus statements for screening and treating depression and anxiety. You may contact any of the CFF MHAC Workgroups described below at [mentalhealth@cff.org](mailto:mentalhealth@cff.org).

**Education and Training Workgroup:** This group is responsible for assembling mental health education and training resources for the CF community. You can find information about mental health at <https://www.cff.org/Life-With-CF/Daily-Life/Emotional-Wellness/>. We also invite you to access a Dropbox containing a wide variety of mental health tools and educational materials. It includes the Mental Health Guidelines, screening tools, educational handouts for patients and caregivers as well as CF information for community mental health providers.

The link to take you directly to the folder containing the **CFF Mental Health Dropbox** is:  
[https://www.dropbox.com/sh/vaii10e2n89k3b2/AACcLrbYkL8\\_HN7y\\_JSmUr2qa?dl=0](https://www.dropbox.com/sh/vaii10e2n89k3b2/AACcLrbYkL8_HN7y_JSmUr2qa?dl=0)

**Consultation Workgroup:** This group is responsible for addressing questions regarding the logistics of screening, assessment, and intervention related to mental health. To aid in collaboration and the exchange of ideas, any CF team member interested in mental health is invited to be part of the CF-psych listserv, a group dedicated to the mental well-being of individuals with CF and their families.

**Steps to subscribe as a new member to the CF-Psych listserv:**

1. From your email account send an email "To" this address:  
LISTSERV@LISTSERV.DARTMOUTH.EDU
2. Leave the "Subject Line" of your email blank.
3. In the email message type or paste: SUBSCRIBE CF-PSYCH
4. Remove all other text from the message such as signature lines or contact information.
5. Send the email. You should receive a confirmation email with a welcome message and instructions for unsubscribing and receiving messages in digest format, i.e. receiving all email posts once a day.

**Research Workgroup:** This group is responsible for promoting the advancement of research on mental health in the CF community.