

ENGAGED MINDS PROMOTING OPTIMAL WELL-BEING AND  
EMOTIONAL RESILIENCE  
(EMPOWER)

# Conversations About Culture & Youth Mental Health

ARE YOU A PARENT WITH  
A CHILD WHO IS BETWEEN  
11 AND 17 YEARS OLD?

ARE YOU A YOUNG  
PERSON WHO IS BETWEEN  
11 AND 17 YEARS OLD?

HELP US LEARN HOW CULTURE AND COMMUNITY  
SHAPE YOUTH MENTAL HEALTH

**The EMPOWER research study wants to hear from parents/caregivers and their children (ages 11 - 17) about how family and cultural experiences influence youth mental health. Both a caregiver and child from the same family must be willing to participate.**

## WHAT TO EXPECT:

- 60 - 90 Minute Individual Interviews
- Scheduled at Your Convenience
- In-Person or Online Over Zoom

## IF YOU HAVE ANY QUESTIONS ABOUT PARTICIPATING:

Email: [UDDC@pitt.edu](mailto:UDDC@pitt.edu)

Call: (412) 383-2380

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- Parents & Youth Will Be Compensated
  - Parents: \$40
  - Youth: \$30

**SCAN HERE TO SIGN UP**

