

## Caryn Cullen



**Caryn Cullen** – Caryn has been a board member since 2018. Caryn and her husband Brian have lived in Hightstown for 27 years and raised three children, Hannah, Josh and Ethan.

Professionally, Caryn currently works with Procon Technologies as the US Sales Manager for environmental monitoring and process control products. Previously she has worked in technical sales for process and laboratory equipment manufacturers for 30 years.

Caryn is a co-founder and board member of For The Love of Birds parrot rescue founded in 2015. Caryn and her husband live with a large menagerie of birds (both of their own and many fosters), a dog, a cat and a turtle. She loves learning about animal behavior and the natural history of animals, especially birds.

Caryn herself suffers from depression and anxiety. Fortunately, this is managed through medication and therapy. Her youngest son, Ethan, struggled with major depression and anxiety since he was 18 years old and after 7 years of struggling with mental illness, took his own life in September 2017 at the age of 25.

Following this incomprehensible loss, Caryn has a strong desire to help other parents with children who are struggling with their mental health. Parents often feel that they are alone and having a connection with other parents who understand what you are going through and who can offer support, validation of feelings and offer suggestions is very comforting and helpful. Caryn also meets weekly with a group of women who have lost a child to suicide or drug addiction.

Caryn has attended American Foundation of Suicide Prevention facilitator training and Parent Support Network facilitator training. She is one of the facilitators for the iCare and NAMI sponsored Parent Support Network monthly meetings and the Peer to Peer Support Group monthly meetings.