

Catch Dale on the Gaming and Mental Health Panel

September 29, 2022



I'm deeply honored to have been invited to the [Everyone Games Gaming and Mental Health Panel](#) this Saturday, October 1st 2022, 10:00AM – 11:00AM EDT on [Twitch](#).

Taking care of our mental health is so important today especially with everything we have going on in the world right now, but how can gaming be a part of that mental health journey? We'll be exploring questions like that and more during this panel. Join us as we discuss how gaming is a gateway to many skills including problem solving, practicing empathy, connecting with others, and so much more. It can be an escape and an outlet, but it can also be a useful tool in allowing others to work through their personal struggles and trauma.

Fans of Wyrnworks Publishing will also note that [Naomi Hazlett](#), copy editor and sensitivity reader for [Limitless Heroics](#) (and will be involved in upcoming projects) is also on that panel.

I'd love to have you all there!