


RESOURCES, COMMUNITY, SUPPORT

FOR MENTAL HEALTH IN
THE BLACK COMMUNITY
IN OHIO AND BEYOND

National Suicide & Crisis Lifeline
CALL OR TEXT 988

 Life Is Better With You Here

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**Life is better
with you here.**



MAY 2024 NEWSLETTER

Greetings, Wonderful Community!

Welcome to the May edition of the "Life Is Better with You Here" newsletter! As we embrace the full bloom of spring and the promise of summer ahead, we're thrilled to provide you with an abundance of information, resources, and inspiration dedicated to enhancing mental health and wellness.

May, a month of blossoming and rejuvenation, presents numerous opportunities to prioritize self-care and mental well-being. Here's what's in store for this month:



Mental Health Awareness Month

May, recognized as Mental Health Awareness Month, serves as an important period for increasing awareness about mental health and decreasing the stigma



National Prevention Week

National Prevention Week, observed from May 12-18, focuses on engaging communities in promoting substance misuse prevention and mental health awareness.



National Children's Mental Health Awareness Day

National Children's Mental Health Awareness Day, celebrated on May 7, aims to spotlight the critical importance of mental health in children. It underscores that

associated with behavioral health challenges. This month emphasizes how mental illness and addiction can impact everyone—patients, healthcare providers, families, and society as a whole.

Throughout this week, prevention strategies are emphasized and the success of evidence-based programs is highlighted.

maintaining positive mental health is fundamental to a child's development. This day serves as a reminder and an opportunity to recognize the vital role mental wellness plays from an early age.

Confronting the Biases and Challenging the Stigmas this mental Health Awareness Month:



If you or someone you know is struggling with thoughts of suicide, Call or Text the National Suicide & Crisis Lifeline @ 988

Within the Black community, the stigma surrounding mental health has deep historical and societal roots, compounded by longstanding injustices and pervasive misconceptions. **During Mental Health Awareness Month, it is essential to intensify efforts to dispel these stereotypes through open dialogue and education.** We aim to cultivate environments where individuals can openly discuss their mental health challenges without fear of judgment or discrimination. **Addressing this stigma is a communal endeavor, demanding empathy, compassion, and a commitment to inclusivity.**

UPCOMING EVENT

2nd Annual
**SUICIDE PREVENTION
IN THE BLACK COMMUNITY**
Summit **Moving Hope Into Action:
Faith, Family, and Community**

 Summit Moderator
CIERRA JOHNSON

 Opening Address
DR. JOSEPHINE RIDLEY

 Closing Keynote
VICTOR ARMSTRONG

Panel Discussions

Panel I: Shifting the Historical Views of Mental Health
Panel II: Living with Suicide Loss - Sharing Lived Experiences
Panel III: Addressing Suicide Prevention with our Youth & Young Adults

 Lunch Activity
JASPER PERSON III

 Youth Panel Facilitator
JORDYN M. PEAKS

Registration \$30

June 20, 2024
9:00 a.m. - 3:30 p.m.



**OCLC CONVENTION
CENTER**
6566 KILGOUR PLACE
DUBLIN, OHIO 43017

Join us on June 20, 2024, for the 2nd Annual Suicide Prevention in the Black Community Summit, themed "Moving Hope into Action: Faith, Family, and Community."

This pivotal event focuses on addressing crucial mental health issues within the Black community, fostering dialogue and understanding through a series of enlightening panel discussions. Our discussions will explore shifting historical views on mental health, sharing lived experiences of those affected by suicide, and strategies for engaging youth and young adults in suicide prevention. The summit features an array of distinguished speakers.

Don't miss this opportunity to contribute to a community-focused effort toward mental health awareness and suicide prevention.

GET INVOLVED

Want to contribute to "Life Is Better with You Here"? We're always looking for contributors, volunteers, and partners passionate about mental health advocacy and support. Contact us to learn more about how you can get involved and make a difference in our community.

[Contact Us](#)

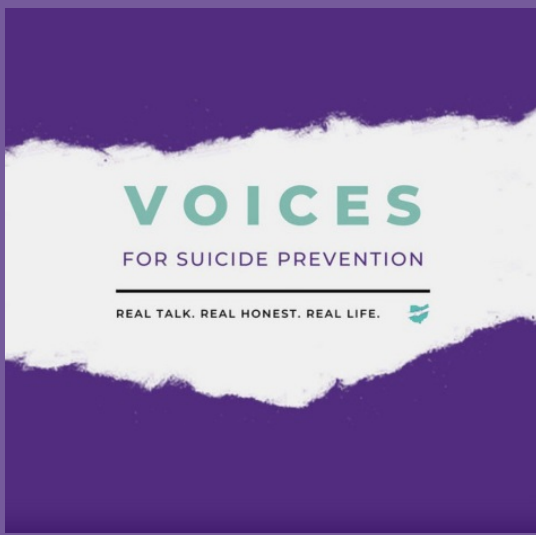
LIBWYH PODCAST

Tune In - Mindfulness Meditations

In this meditation, we will center ourselves and focus on our mind-body connection. Often we move through our days disconnected from our bodies, so this meditation is designed to help you reconnect and create gratitude for your vessel.

[Watch Now](#)

LATEST EPISODE



More farmers are dying by suicide. Here to talk about it is Ohio's Agriculture Director, Brian Baldrige, a farmer himself and someone who absolutely knows firsthand the myriad stressors facing the agriculture industry.

[LISTEN NOW](#)

Episode Description From Podcast Host:

Data doesn't lie. Agriculture is Ohio's biggest industry. \$124 BILLION-plus in economic output every year. But there's another number on which we want to focus too; according to the National Rural Health Association, farmers are 3.5 times more likely to die by suicide than the general population. In Ohio, from a 2022 survey of farmers here, 1 in 10 had an at-risk score on a depression screening tool which indicated they had a higher risk of experiencing depression. It's believed that 1 in 10 figure is under-reported too. Here to talk about it is Ohio's Agriculture Director, Brian Baldrige, a farmer himself and someone who absolutely knows firsthand the myriad stressors facing the agriculture industry. Among many tools and resources, his department has a dedicated campaign called 'Got Your Back' which OSPF is proud to be part of. Director Baldrige also discusses how farmers and agriculture producers of this generation and the next can continue to make their voices heard for better mental health and suicide prevention. After all, these are our family, friends and neighbors who put food on our tables every single day; let's support them both professionally and personally!

BLACK MENTAL HEALTH DIGITAL RESOURCES



Children & Teens



Young Adults



Adults



Elders



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RESOURCES



And remember, if you
need extra support right now,
call or text the National
Suicide and Crisis Lifeline at

988



we want to  hear your story!

Your story may help others realize
Life is Better With You Here
Because it is!



Email your story to us at info@lifeisbetterwithyouhere.org



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