

Overcoming the Stigma: Don't Neglect Your Mental Health

If you had a broken leg you wouldn't attempt to fix it yourself, right? *So why do we try to 'tough it out' or 'suck it up' when our mental health needs some tender loving care?* Often there's stigma or shame attached to saying we need some help. So how do we break that cycle and get the care we deserve? By coming together and talking about it. No shame. No judgment. Just compassion and facts.

Let's stop being dancing around the issues. Join us for some heartfelt, real talk about healing ourselves, our families, and our community. Join us for a summer series of discussions about mental wellness. Find out how caring for your mental health goes hand in hand with your faith to create a stronger, more vibrant, and peaceful you.

This free summer series on mental wellness starts on Thursday, June 13th from 6pm-7:30pm at New Bethel AME Zion Church, 263 Forest Street, Forest City.

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Mental Wellness and Breaking Down Stigma

Cutting through the myths around mental health, how to get help and access resources, the integration of faith and mental wellness; trauma and the role it plays in brain development.

Featured Panelists:

Reverend Keith Lipsey, New Bethel AME Zion Church

Reverend Travis McEntire, Foothills Harvest Ministries

Jerry Wease, MA, Ed. S, LPC, LCAS, CCS, NCC; RHA Health Services and Commissioner, NC MH/DD/SAS Commission

Paula Bynnom, LCAS

Detective Julie Greene, Rutherford County Sheriff's Office, Crisis Intervention Team Facilitator

Tiffany Crank, MPH

Session Two: June 27th

Dealing with Depression and anxiety

Session Three: July 11th

Grieving and loss; suicide prevention

Session Four: July 25th

Substance use, treatment, and recovery

Session Five: Date To Be Announced. The summer series will culminate with a dinner and special keynote speaker, Kurtis Taylor, BSW, Executive Director, Alcohol and Drug Council of NC.

Sponsored by: New Bethel AME Zion Church, Foothills Harvest Ministries, and United Way of Rutherford County