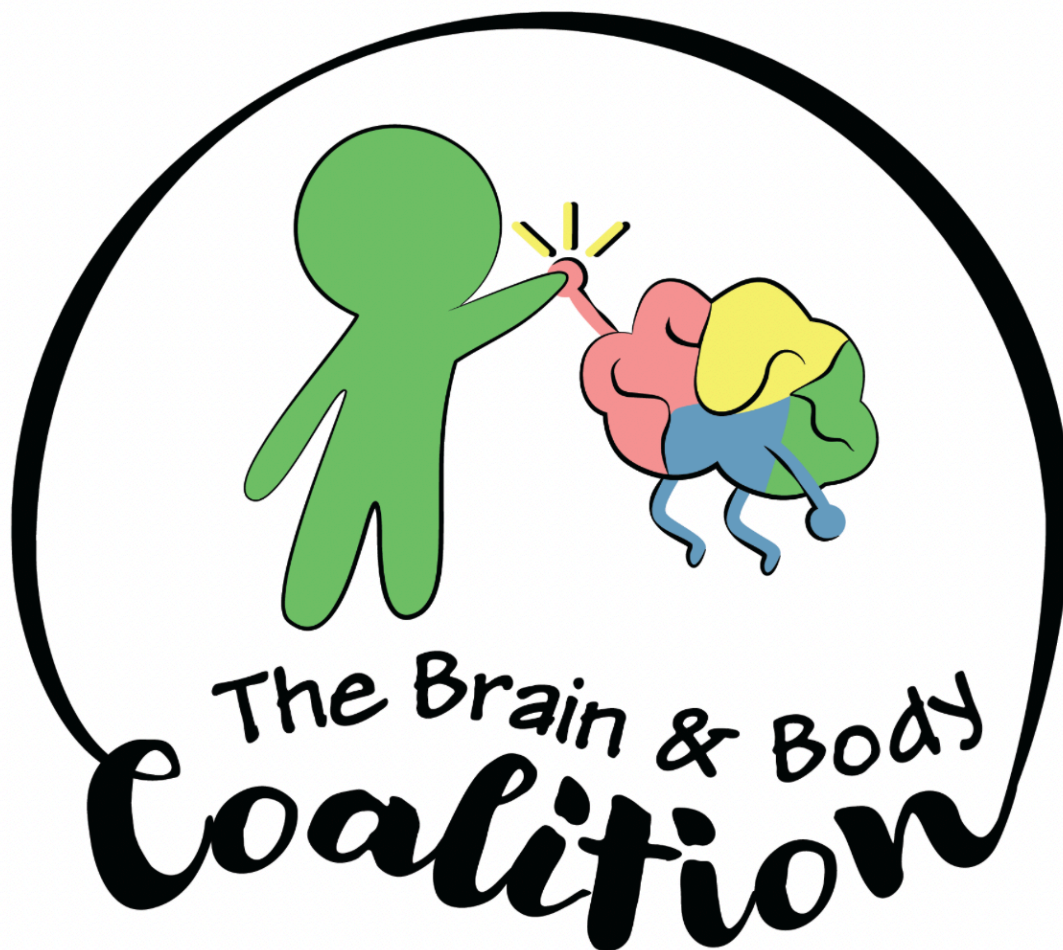


Prioritizing Wellness from Head 2 Toe



Serving Dutchess, Ulster and Orange County
Supporting Communities Of Color

A Community Journey Journal

A MESSAGE FROM OUR FOUNDER

I am thrilled to introduce the very first edition of The Brain and Body Coalition's Community Journal. This journal is more than just a collection of stories and updates—it's a testament to the power of collaboration and a shared commitment to dismantling stigma surrounding mental health.

Within these pages, you'll find highlights of our services, recaps of past events, and profiles of the incredible partners who have stood alongside us in our mission. These partners, featured in our "Green Pages," play a vital role in helping us reach deeper into our community, ensuring that no one feels alone or unheard. Each journal issue will also serve as a bridge, connecting you with upcoming events and providing ways for organizations and individuals to engage with the resources we offer. We have made it a priority to include resources specifically tailored for the BIPOC community, recognizing the unique challenges faced and the importance of culturally competent support.

Community collaboration is the cornerstone of our work at The Brain and Body Coalition. Together, we break down barriers, challenge harmful narratives, and create safe spaces where everyone feels empowered to speak openly about their mental health. It is through our collective efforts that we can bring about real change, fostering a community where mental wellness is prioritized, and stigma has no place.

When I was asked why I started The Brain and Body Coalition, my answer was simple: I created what I needed when I was younger. I thought of my family, my community, and my peers—those living with mental health conditions or simply facing life's challenges without the tools or support to navigate them. Society often tells us to stay silent, but silence only perpetuates suffering. Through this Company I aim to give voice to those who have been told to keep quiet and to equip our community with the skills and understanding we all need.

Thank you for being part of this journey with us. Together, we are stronger, and together, we will continue to break the barriers of stigma, one conversation, one event, and one collaboration at a time.

Heather Ann

FOUNDER, CEO



Curious about how I unwind—anyone who knows me knows I always have a fishing pole close by. There's something profoundly peaceful about being near water; it offers solitude and lessons that resonate deeply with me.



BIPOC RESOURCE GUIDE



**FIRST
EDITION**

A Message From Our Founder

Service Overview

Learn specifics about the work that we do.

Breaking the Barriers of Stigma

Learn about our signature workshop. Understand what it is and what it isn't...

Mental Health First Aid

Are you Mental Health First Aid Trained? Learn about this valuable training and sign up so that you can be trained!



BIPOC Resource Guide

Scan our QR code for access to over 150 resources.

Visit our website to download our new resource For the Kings!

Be In the Know

Learn about our Annual In the Know. What is it, and why is it important?
Save The Date! February 7th, 2026

Green Pages

A chance to honor our collaborative heroes!

Valuable Resources

Shareable resources to continue to build a culture of wellness!

What We Do.

The Brain and Body Coalition Services



Training

Throughout the year, we have been able to train many in mental health first aid along with other evidence-based trainings. All trainings and workshops are dynamic and interactive, led by expert facilitators with lived or clinical experience, and culminate in certification while fostering collaboration, open dialogue, and community support. Our trainings can be offered in-person or online, and in a variety of group sizes. In 2025 we have provided training to over 2470 individuals!



Outreach

The Brain and Body Coalition provides free mental health education in the community through outreach initiatives and awareness-based programming across New York. This work includes tabling and organizing community events and intentional engagement during Men's Mental Health Awareness Month in June and Bebe Moore Campbell BIPOC Mental Health Awareness Month in July, with a focus on the connection between Brain and Body and understanding the different dimensions of wellness. These efforts are designed to increase visibility, normalize conversation, and ensure culturally relevant information reaches individuals and families who may face barriers to access.



Education

The Brain and Body Coalition delivers culturally informed, evidence-based mental health education through structured programs and workshops. Kids Coping and Casting, Reel Hope, and Brain-Body-Art are educational programs that use experiential, creative, and nature-based approaches to promote emotional regulation, resilience, and open dialogue. We use a proactive approach instead of a reactive approach to promote positive coping skills and build resilience within our community. Additionally these programs work alongside custom workshops and signature training, It Is What It Is, which comes in more than 15 different modules, examining societal norms, culture, and systemic barriers while equipping participants with practical tools for mental wellness. Together, these offerings reflect a proactive approach to educating, training, and empowering communities.



At The Brain and Body Coalition we know that collaboration is Key to supporting the wellness of our youth and building strong communities.

TRAININGS

EDUCATION

OUTREACH


Contact us! Build A Culture of Wellness!

At The Brain and Body Coalition, wellness is not something we do to a community it is something we build with community. Our work is grounded in connection, trust, and the belief that healing happens when people feel seen, heard, and valued. As you explore our services, programs, and initiatives, we invite you to see yourself as part of this collective effort to dismantle stigma and expand access to culturally responsive mental health education and support.

Connecting with The Brain and Body Coalition means engaging in a culture of wellness that prioritizes lived experience, collaboration, and meeting individuals where they are. Whether through our workshops, community events, peer-led conversations, or creative expression, our goal is to create spaces where honest dialogue is welcomed and resilience is nurtured. We work across sectors education, healthcare, arts, athletics, and grassroots organizing—because wellness does not live in silos.

We encourage community members, organizations, and partners to connect with us not only to learn, but to co-create. Together, we can strengthen protective factors, support those doing the work on the ground, and build sustainable pathways toward mental wellness for our youth, families, and communities. This journal is one of the many ways we stay connected sharing stories, celebrating impact, and continuing the conversation.





At The Brain and Body Coalition we are a BIPOC mental health organization that is focused on dismantling stigma around mental health. Our goal is to be proactive in our communities through methods of education, outreach and training. We work with Supporters: individuals over the age of 26 and those that they support which are considered today's youth. As of September 27th, 2025 The Brain and Body Coalition has served 7800 individuals across the State of New York.



Basic Services

It Is What It Is: Breaking the Barriers of Stigma: Our signature workshops, available in 15 customizable modules, promote self-care and proactive approaches to mental health for both adults and youth. This workshop now uses the HEAL approach a great option for professionals.

Speaking Engagements and Keynotes: Expert-led presentations focused on health equity and mental health awareness. This includes youth led panels delivered in schools and at large assemblies.

Brain-Body-Art Programs: Creative experiences blending art and wellness techniques for healing and connection.

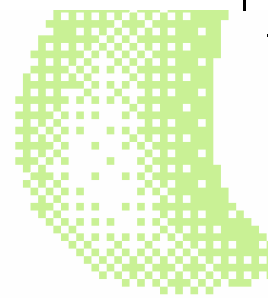
Youth Fishing Education Program: Teaching youth fishing basics with a focus on safety and conservation. This program utilizes lessons from the sport of fishing to promote positive coping skills, teach life lessons and encourage a love for the outdoors.

Evidence-Based Mental Health First Aid Training: Equipping participants with skills for early intervention and stigma reduction.

Certified Narcan Training: Providing essential knowledge and skills to prevent opioid overdoses.



AT A GLANCE



This Community Journal was created as a living reflection of the work, relationships, and collective impact of The Brain and Body Coalition. More than a publication, it is a snapshot of what it looks like when a company builds a foundation on wellness, collaboration, and action. Each year, this journal will document our programs, services, events, and the people who make this work possible capturing both the measurable outcomes and the human stories behind them.

At the heart of this journal is collaboration. The Brain and Body Coalition believes that meaningful change happens when organizations, advocates, artists, educators, and individuals with lived experience come together with a shared purpose. Throughout these pages, you will gain an understanding of what it means to be proactive and not reactive along with the importance of building a culture of wellness. highlighting our team, our community collaborators, and those who believe that meeting people where they are is essential to supporting long-term wellness.



You will also find a year-in-review of our outreach and education efforts, including signature events and awareness campaigns. From annual initiatives like In the Know: A Community Wellness Event, Reel Hope for Men's Mental Health Awareness, and Kids Coping and Casting, to targeted outreach during June—recognized nationally as Men's Mental Health Awareness Month and locally as July, BIPOC Mental Health Awareness Month—this journal offers a window into what a year of community-centered wellness looks like in action.

Contact us! Build A Culture of Wellness!

The Brain and Body Coalition offers a variety of engaging methods, and one standout activity involves using teddy bears to help young people articulate their emotions. This playful approach encourages children to identify and discuss the feelings they see in the teddy bear, enhancing their emotional understanding and communication. It's a fun, safe space for self-expression that promotes emotional literacy and coping skills in a relatable way.

Across Dutchess and Ulster Counties, we've practiced this activity, alongside teaching mature emotions with our coping skill Madlib and journaling exercises. These hands-on experiences empower youth to express their feelings, recognize coping mechanisms, and find safe spaces or trusted adults for support.

How are you feeling?
Made by Kian age 3





At every event and training you can expect diverse resources and information for a variety of populations



Enjoying the arts and the outdoors at Pershing Avenue Park and Garden during Bebe Moore Campbell BIPOC Mental Health Awareness Month.

The Brain and Body Coalition takes a hands-on approach to teaching young people vital mental wellness techniques through activities that focus on coping skills and emotional regulation. At various community events, youth are introduced to engaging activities designed to help them manage their emotions and develop healthier responses to stress. By normalizing discussions around mental health and equipping young people with practical strategies for self-regulation, the Coalition fosters a culture of mental well-being that extends beyond youth into the wider community. The organization's belief is simple: today's youth are tomorrow's supporters. By empowering young people now, The Brain and Body Coalition is cultivating a generation that will prioritize mental wellness and pass on these critical skills to future generations.

IN THE KNOW

An opportunity for growth with your community



MENTAL HEALTH & MOVEMENT * CAREER ALTERNATIVES * COMMUNITY PROGRAMS

FEBRUARY

7

12:00 PM - 4:00 PM

Northside Hub at
58 Parker Ave.

Youth & Family Programming

- Local Mental Health Organizations
- Learn coping skills!
- Receive Express Trainings
- Job Opportunities
- Financial Literacy
- Free Food
- Giveaways!
- Art Programs
- Face Painting!
- Food Pantries

peopleUSA

988

DUTCHESS COUNTY
SUICIDE & CRISIS
HELPLINE



SCENIC
HUDSON
.ORG



CONNECT WITH US

Call: (845) 293- 2929 ¹²

Email:

reply@brainandbodycoalition.org

A Glimpse of Services

The Brain and Body Coalition
Services

Education

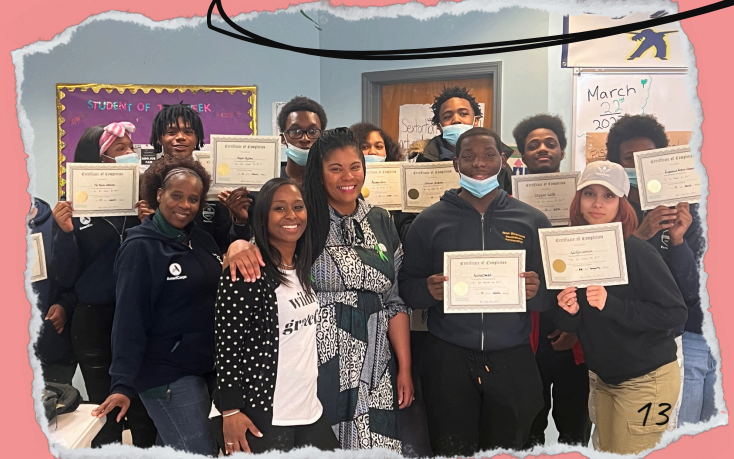
The Brain and Body Coalition offers dynamic educational opportunities, including keynote speakers and organized panels that feature a diverse array of topics and speakers. Our panels and presentations are designed to inspire and educate, reflecting our commitment to inclusivity and mental health awareness. Whether it's through addressing mental wellness, stigma, or resilience, these events provide a platform for important conversations that resonate with a wide audience. Our keynote speakers are leaders in their fields, bringing lived experiences and professional expertise to the forefront of each discussion.



Red Ribbon Campaign at FDR High School with The Brain and Body Coalition Youth Ambassador Anesse Elting

Workshops

We offer a variety of interactive group workshops that can be tailored to meet the specific needs of any group or organization. From mental health awareness to cultural competency, our workshops are designed to provide participants with practical skills and insights. Many of our workshops include training and certification opportunities, ensuring that individuals leave with not only new knowledge but also credentials to assist their communities. Our flexible format allows us to cater to audiences of all ages and backgrounds, making mental health education accessible and impactful.



Youth at Nubian Directions II after completing "Mental Health and Me"



Services

A variety of services offered to all.

Mental Health First Aid

The Brain and Body Coalition is proud to offer Mental Health First Aid, a nationally recognized certification program. This training teaches participants how to recognize the early signs and symptoms of a mental health challenge and equips them with the skills to offer assistance. Whether it's identifying anxiety, depression, or other mental health conditions, this certification empowers individuals to be first responders in their communities. Our instructors are trained to deliver this program in a culturally relevant and supportive way, making sure that all participants feel prepared to help others.



Outreach

Through community outreach, The Brain and Body Coalition actively supports and organizes events that connect the BIPOC population with culturally relevant resources. Our outreach efforts range from hosting mental health workshops to participating in community fairs, all with the goal of reducing stigma and providing access to essential mental health services. By building strong relationships with local organizations and leaders, we ensure that our outreach is meaningful and directly impacts those who need it most.



Scholarship

We are excited to announce the launch of our Breaking the Barriers Scholarship, designed to support young individuals under the age of 25 who are committed to mental health awareness and advocacy. The scholarship is open to anyone, whether college-bound or pursuing other avenues. Applications open during the first week of February, offering a chance for young advocates to receive financial support as they work toward breaking barriers in mental health. This scholarship reflects our dedication to empowering the next generation of leaders in mental health and wellness. Grab a scholarship application at In The Know February 7th!



OUTREACH



This year, we are proud to spotlight our commitment to healing through creativity and nature. Partnering with the Frances Lehman Loeb Art Center at Vassar College, Kingston Ceramics, and Crazy Over Art with Carrie Decker, we have empowered young people to explore their identities, resilience, and emotional expression through interactive art experiences. Thanks to the Dutchess County Youth Wellness Grant, we have provided coping-skills toolkits to students at Millbrook High School, Millbrook Middle School, and Beacon High School, broadening access to preventive mental health resources.

Our mission to blend education and outreach continues to flourish. We are hosting traveling speakers, preparing for the His Story panel in February, and collaborating with local groups to train staff. Additionally, we are thrilled to introduce For the Kings, a mental health resource designed for men, along with our updated, culturally relevant toolkit. Each step we take reinforces our dedication to making art and nature accessible, culturally rooted coping tools for families and youth.





Over the last year we have come to see the value in training members of our community in our signature workshop, *It Is What It Is: Breaking the Barriers of Stigma*, which invites participants to delve into the connections between culture, identity, and mental health or another one of our offerings utilizing the HEAL framework.

Through engaging discussions and evidence-based techniques, we foster an environment where mental health is seen as a strength and healing as a shared journey. We are proud to share that along with training others, our entire team was happy to be trained in CPR and First Aid among other modalities. This underscores our dedication to safety and trauma-informed care. We provide training that enhances community awareness and equips individuals with the tools for compassionate, culturally sensitive support.

As we look to the future, we are eager to collaborate with organizations interested in integrating arts-based wellness, outdoor learning, or professional development into their programs. Together, we can transform mental health support, fostering a culture of wellness that is both practical and culturally aware. Join us as we rise together, breaking stigma through connection and action.



REEL HOPE

**A FISHING DERBY FOR MENS
MENTAL HEALTH**



SAVE THE DATE!!

JUNE 20TH 2026

It Is What It Is

BREAKING THE BARRIERS OF STIGMA

PRESENTED BY THE BRAIN AND BODY COALITION

**A DYNAMIC EVIDENCE BASED
MENTAL HEALTH WORKSHOP**

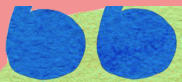


IT IS WHAT IT IS

The Brain and Body Coalition's signature workshop, It Is What It Is: Breaking the Barriers of Stigma, was developed to provide tailorable and relevant mental health education. Designed initially for youth ages 14 to 18, now available for all audiences. The workshop focuses on fostering conversations about mental wellness in a way that feels organic and unpressured. Through interactive training and lifelike scenarios, participants are encouraged to analyze, discuss, and relate to the material, which helps deepen their understanding of mental health challenges. This interactive approach ensures that youth engage in meaningful discussions without feeling overwhelmed by the subject matter.

An evidence based, tailored educational curriculum

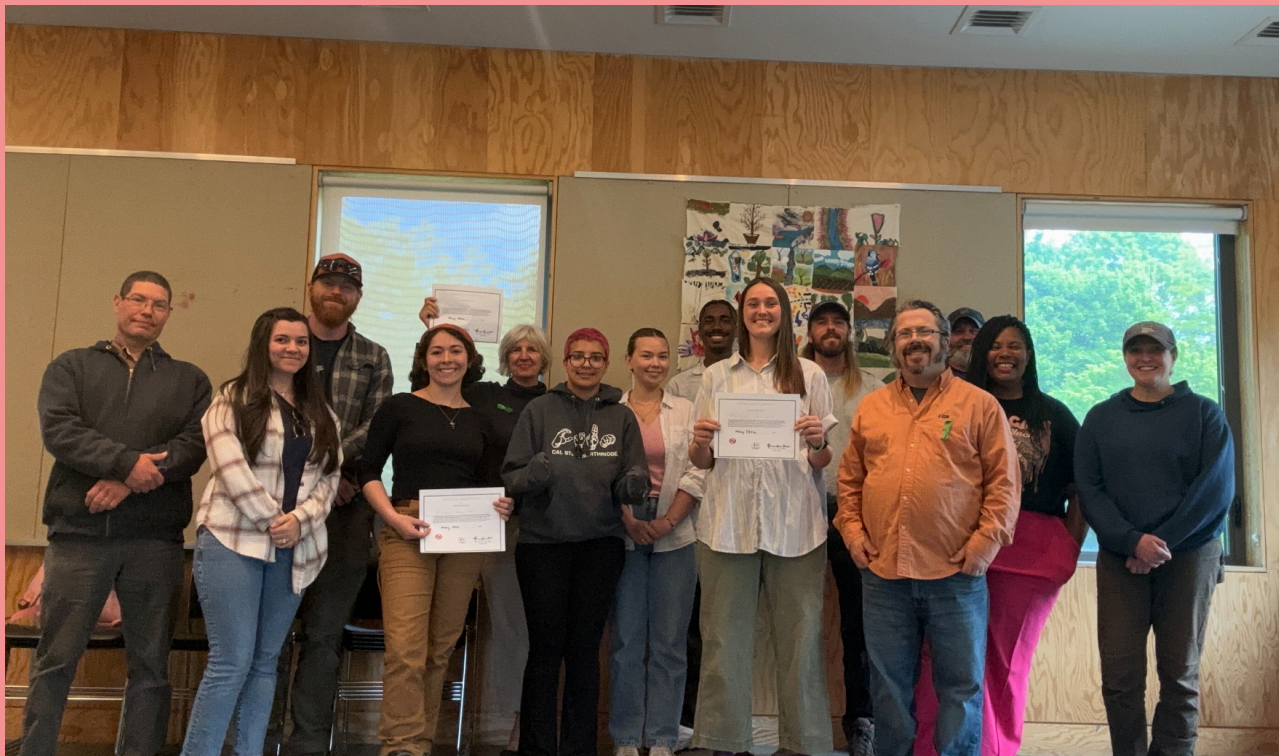
The four-hour original workshop introduces various methods of self-expression, such as doodling, songwriting, and poetry, as proactive outlets for mental health. The goal is to show participants that mental wellness can be explored in creative and approachable ways. In addition to the core workshop, there are several other modules that expand on different mental health topics. These include It Is What It Is: Breaking the Barriers of Stigma in Journaling, Culture and the Workplace, Coping and Resilience, Building My Coping Skills Toolkit, Trauma and Self-Care, Caregiving and Coping, My Mental Health and Me, and Anxiety and Me. Each module is designed to address specific mental health challenges while promoting culturally sensitive approaches to care.



Participants walked away with tangible tools to promote healing, belonging, and resilience within their teams and communities. The emphasis on dismantling stigma and normalizing conversations around mental health was both timely and impactful.



I had no idea I NEEDED this training, it's has and will equip many within our community against stigmas.



Scenic Hudson Staff trained at their Beacon Long Dock Location.



Since its inception in 2022, over 4200 individuals have been trained through various combinations of these modules, with the youngest participant being just six years old. While each module is unique in its focus, a consistent theme is recognizing the intersection of culture and mental health. The workshops aim to close the gap between mental and physical health, encouraging participants to see their well-being as holistic rather than compartmentalized. This culturally competent approach ensures that participants understand how their background, identity, and experiences influence their mental health.

The flexibility of the It Is What It Is workshop allows it to be tailored for different audiences, from workplaces to schools and community centers. With 15 total modules available, facilitators can combine them in ways that meet the needs of specific groups, making it a versatile tool for mental health education. The inclusion of topics like trauma, resilience, and caregiving ensures that the workshop is relevant to a wide range of individuals, whether they are youth navigating their mental health journey or professionals seeking to create supportive workplace environments. Through dynamic dialogue, creative expression, and relatable scenarios, the workshop empowers individuals to take proactive steps toward their mental wellness.

Supporting the Youth, with the Youth.

Meet Rhi.

At just 16 years old, Rhi is already making a meaningful impact as one of The Brain And Body Coalition's Youth Ambassadors. A student at Franklin D. Roosevelt High School, Rhi brings honesty, compassion, and lived experience to the work of breaking stigma around mental health showing up for peers in ways that truly matter.

Rhi describes herself as someone who loves connecting with animals, a passion that reflects her gentle, observant nature. That same care shows up in how she listens to and supports others, especially young people who may be struggling in silence.

Rhi's connection to The Brain And Body Coalition began through her mom's work at Astor and exposure to TBBC event posters at Vassar College's Frances Lehman Loeb Art Center. Attending those smaller events, alongside her own therapy journey marked a turning point. "Prior to going to those events, I was in a very bad mental space," Rhi shares. "Being able to go to the Loeb really helped with that, and I believe helping with those events can help others in a similar way."

That belief, paired with her desire to represent youth as youth, inspired her to step into the Youth Ambassador role especially as someone who has navigated mental health challenges herself.



"Being a Youth Ambassador means representing the community as one of them—and reminding people they aren't alone."



Our Youth Ambassadors have an opportunity to grow and shape support systems.



For Rhi, being a Youth Ambassador is about representation and relatability. It means showing up as a peer, not an authority figure.

“It’s about being able to represent the community as one of them,” she explains, “and providing support for people who want to talk to someone who can more closely relate.”

In her everyday life, this looks like being there for friends, sharing resources, and offering a listening ear—tools she’s gained directly through her work with TBBC.

Rhi believes mental health conversations are especially critical for young people because of the cultural and household pressures many face.

“Some environments influence young people to keep everything to themselves,” she says, “and not feel able to ask others for advice.”

TBBC’s work, in her view, helps challenge those norms and opens doors for healthier conversations.

One of the most impactful experiences for Rhi has been attending TBBC panels and hearing others share their stories. Listening to people she knows speak openly about their coping methods helped her realize there is no single way to manage mental health and that learning from one another is powerful.

Through TBBC, Rhi has gained practical coping skills, particularly for managing anxiety in social or unfamiliar settings. Simple tools like grounding techniques or fidgets have helped her stay calm and centered. She’s also learned how to support peers at school by connecting them with resources when they need help.

Rhi uses her voice to break stigma by reminding her peers of a simple but vital truth: they are not alone. She speaks openly, listens without judgment, and reinforces that it’s okay to not always be okay.

When asked what keeps her showing up on difficult days, Rhi answers with courage and honesty. Having lost family members to suicide and witnessing friends struggle with their mental health, she feels deeply motivated to help others find better headspaces and support before it’s too late.

Her message to other young people is one of perseverance and hope:

“There will still be struggles that pop up, but in the end, if you put in the proper effort, it will all work out.”

A YEAR IN VIEW



Educating the Community

Our team has also worked intentionally to create and maintain a list of culturally competent mental health providers who are actively accepting new clients, which can be downloaded directly from our website. In addition to sharing this resource, we help answer common and often unspoken questions such as how to choose a therapist who is the right fit and what depression and anxiety can look like within the Black community. Through our outreach, we offer proactive tips, including positive coping mechanisms, and connect individuals to resources they may not otherwise be familiar with—always making sure these resources are clearly shared and accessible. One of our greatest joys is setting up tables and displays at community events, where we are able to connect with people from all walks of life and provide free educational materials in a welcoming and inclusive environment. These gatherings allow us to spread awareness, promote mental wellness, and meet people where they are. If you are hosting an upcoming event and would like wellness information available for your community, we would love to partner and provide educational resources. Since December 2022, we have distributed more than 31,000 mental health educational materials, including 988 wristbands, resources focused on men's mental health, and materials available in Spanish, French, and Mandarin.



Supporting our youth

As we have grown as an organization, we have continued to intentionally expand our youth-based programming. One of these additions is Kids Coping and Casting, which you can read more about later in this magazine. This program uses fishing as a teaching mechanism to help youth build a variety of coping skills—such as what to do when life feels tangled, how to slow down and regulate emotions, and when to tap into the support of a trusted adult. By using the sport of fishing, we are able to teach social and emotional learning in an engaging, hands-on, and culturally responsive way. We also prioritize connecting youth to the outdoors, intentionally leveraging the scientifically supported mental health benefits of nature by hosting many of our programs outside and collaborating with a wide range of youth-serving organizations.

Since 2022, we have proudly engaged and trained youth through interactive workshops designed to educate, empower, and build resilience. These hands-on experiences provide young people with practical tools to navigate life's challenges while fostering confidence, connection, and emotional awareness. We believe that investing in youth education and empowerment is essential to building a mentally healthier future for the BIPOC community. 23



Supporting the supporters

In the past year, The Brain and Body Coalition has had the opportunity to serve, support, and equip 49 youth-serving organizations, including Scenic Hudson, The Children's Home, People USA, Dutchess Community College, The Millbrook School District, The Beacon School District, The Poughkeepsie City School District, The Marist Liberty Partnership Program, Hudson River Housing, Astor Services, The Poughkeepsie Farm Project, and Sun River Health. At The Brain and Body Coalition, we recognize that those who consistently show up for others also need space to be supported. Advocates, educators, peer specialists, parents, and community leaders often carry the emotional labor of care, and our work intentionally includes resources, conversations, and programming designed to honor, sustain, and uplift those who support others.



Peer Collaboration



It is important to acknowledge that the work we do—and the impact we are able to achieve—is not possible without working alongside peers. A peer is an individual who is living with, or has lived with, their own mental health challenges. The value of peer support lies in the combination of lived experience and understanding; peers bring not only knowledge, but real-life perspective. When addressing stigma and engaging in conversations about mental health, peers have often lived through that stigma themselves, making their voices especially powerful and authentic.

The Brain and Body Coalition is an organization founded on lived experience, and we are deeply committed to honoring that foundation. We intentionally partner with organizations and contract with individuals who bring lived experience to this work, because we know there is profound power in shared stories and authentic connection. As we conduct outreach in the community, we seek partnerships with organizations such as People USA and the Dutchess County Empowerment Center, recognizing their dedication to uplifting peer voices and connecting individuals with support rooted in understanding, trust, and lived experience.

Brain Body Art

Taking a proactive approach to wellness means engaging the whole person. Art is a powerful tool for expression, healing, and connection especially when words fall short. Through Brain and Body Art initiatives, we created accessible pathways for individuals to explore creativity and enjoy new safe spaces in partnership with the Frances Lehman Loeb Gallery.



BIPOC MENTAL HEALTH AWARENESS

Every July, we work to proclaim July as BIPOC Mental Health Awareness Month. In partnership with local counties and community organizations, we provide free trainings, educational opportunities, and community events designed to increase awareness and reduce stigma.

We find that this is an important part of our work especially because locally many individuals take the lead in May for mental health awareness month, but there have always been a few activities happening during the month of July when it comes to mental health advocacy and education.



Wellness Events

If you've had the opportunity to talk with anyone on our team, you've probably heard our favorite question: "Who's in your coalition?"

That question matters because at The Brain and Body Coalition, our work is not about organizing groups of people—it's about reconnecting the brain and the body. Too often, mental health and physical health are treated as separate, when in reality they are deeply connected.

To dismantle stigma, we have to stop separating the two. Our goal is to promote whole-person wellness—from head to toe. When the brain and body are supported together, healing, resilience, and growth become possible.

If you're looking to promote wellness at an event or within your community, we invite you to connect with us. Together, we can continue to build a culture of wellness.

The Power of Voice

There is power in a voice—and even more power when that voice is your own. Through peer panels across Dutchess, Ulster, and Orange Counties, we elevate real stories of wellness, resilience, and growth. We look forward to hosting the His Story Peer Panel on February 21, creating space for men to explore wellness, resilience, and encouragement through shared experience.



Coping Skill Toolkits

The Brain and Body Coalition was proud to roll out It Is What It Is: Breaking the Barriers burst sessions within the Beacon City School District. Through this initiative, we provided both mental health resources and a proactive approach to wellness by offering interactive coping skills toolkits to students throughout the school day. In partnership with the Dutchess County Youth Wellness Grant, coping skills toolkits and in-school field trip experiences were provided to the Beacon City School District, Poughkeepsie City School District, and Millbrook Central School District.



Children's Mental Health Acceptance

Children's Mental Health Acceptance
In May, we proudly participate with the Children's Mental Health Acceptance Committee, expanding the conversation beyond awareness to acceptance. Collaborating with Mental Health America of Dutchess County, Astor Services, the Dutchess County Department of Mental Health, and the Poughkeepsie City School District, this work underscores the importance of early support and understanding.



988

**DUTCHESS COUNTY
SUICIDE & CRISIS
HELPLINE**

The Brain And Body Outdoors Initiatives!

The Brain and Body Coalition continues to expand its commitment to mental wellness through increased access to nature-based programming. Through our Brain, Body Outdoors initiative—and in partnership with Scenic Hudson, along with a variety of local and national sponsors—we have been able to broaden outdoor opportunities that highlight the powerful connection between nature and overall well-being.

Since 2023, The Brain and Body Coalition has had the privilege of offering two signature programs: Kids Coping and Casting and Reel Hope for Men's Mental Health. These initiatives intentionally use fishing and outdoor engagement as tools to acknowledge mental health, reduce stigma, and support suicide prevention—particularly within the male demographic. Together, these programs have reached more than 650 individuals and families across the Hudson Valley.



We would also like to especially thank those who have donated towards our Coping and Casting, and other fishing events!





REEL HOPE 2025

A REAL SUCCESS.

**IN HONOR OF THOSE THAT
HAVE DIED BY SUICIDE.**

Friends and Community members, as the month of September winds down we honor suicide prevention and look back at the Summer. Annually we hold Reel Hope for Mens Mental Health as a way to shed light on the very real stigma connected to men and mental health. Having personally been impacted by those who have died by suicide and are living with Mental Health Conditions it is important that we do not gloss over the seriousness of this topic and the importance of supporting individuals impacted by such a loss.

I urge you if you are in need of support reach out. There are resources in your community. You may feel alone, but you are not. Please continue to find proactive ways to maintain your wellness. If we continue to be proactive the less reactive, we will have to be.

A REAL SUCCESS EVEN IN THE RAIN

At this year's derby we had a small storm in the morning but still managed to catch over 70 fish! We truly had a blast in the outdoors connecting to resources and each other. Not only do we look forward to next year we are excited for a whole series of exciting outdoor events.

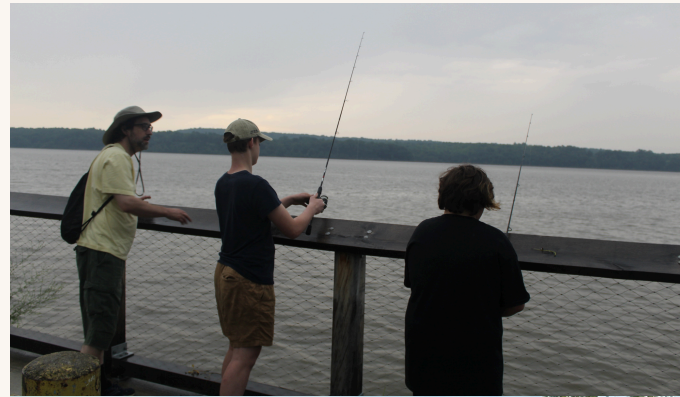
Save the date for our next Reel Hope June 20th,2026!

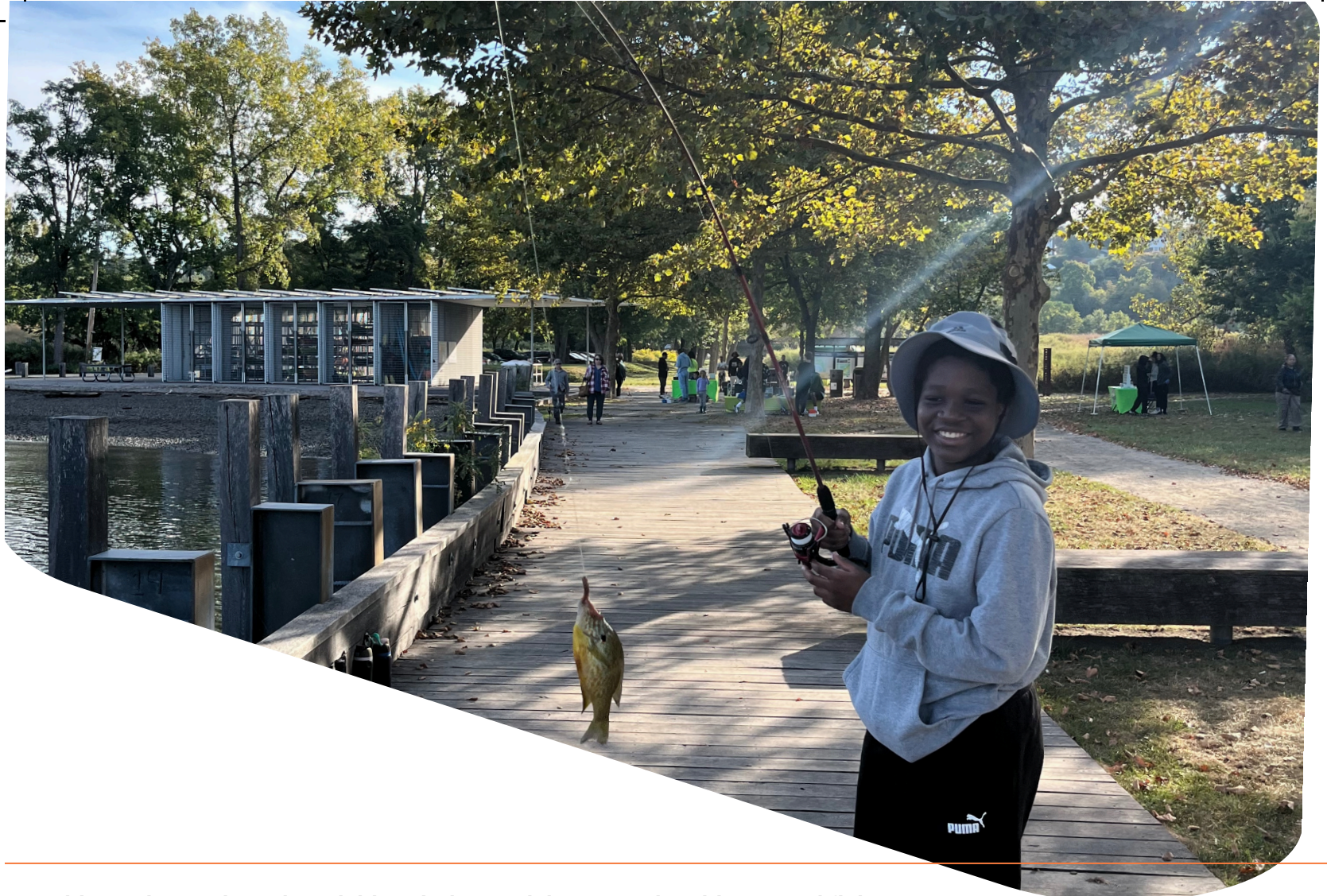
Stay tuned for exciting announcements and collaborations !

THANK YOU FOR YOUR SUPPORT!

This event would not have been the success it was without the entire team of The Brain and Body Coalition, donations from Stewarts Shops, Dicks Sporting Goods, Price Chopper in Poughkeepsie, Shoprite in Wappingers Falls, Orange Theory, Lews fishing, Zebco Fishing, The Ike Foundation, People USA, Hudson Valley Pickleball and Golf, Scenic Hudson, Hudson Valley Renegades, NYS Parks, Ulster County Department of Mental Health, Dutchess County Department of Mental Health, Officer Lukacs, Kingston Fire Department, Marist University, and our Amazing Fishing Instructors!!!!

**THANK YOU FOR YOUR SUPPORT!! SEE
YOU NEXT YEAR!**





Kids coping and casting Fishing derby participant catches his second fish!

Kids Coping and Casting invites youth and families to engage with nature while learning emotional regulation, stress reduction, and healthy coping strategies in a safe and supportive environment. Reel Hope for Men creates space for men to connect, reflect, and engage while outdoors. The impact of these programs has been felt not only by participants, but by families who have found renewed connection, calm, and community through shared outdoor experiences.

Kids Coping and Casting uses a lesson from fishing to teach a lesson about life.

We are excited to continue growing this work through new nature-based programming that encourages youth and families to explore local landscapes, foster reflection, and strengthen emotional resilience. These offerings remain grounded in culturally responsive practices that honor the diverse communities we serve. The Brain and Body Coalition invites the community to join us for our upcoming Fishing Derby on June 20, hosted as part of Reel Hope for Men's Mental Health. Families are also encouraged to learn more about Coping and Casting and our newest nature initiatives made possible through our partnership with Scenic Hudson.

To stay connected, follow us on Instagram or sign up for email updates to receive program announcements, event details, and opportunities to get involved. Together, we are building a healthier, more connected Hudson Valley—one outdoor experience at a time. 29

MENTAL HEALTH FIRST AID



Amongst our services we are happy to highlight Mental Health First Aid.

Mental Health First Aid is just as vital as physical first aid—both have the power to save lives. Just as we are taught to respond to a medical emergency, Mental Health First Aid equips individuals with the skills to recognize the signs of mental health challenges and substance use concerns, respond with care and confidence, and connect people to appropriate support. Early intervention, compassionate listening, and informed action can reduce stigma, prevent crises from escalating, and foster safer, healthier communities where people feel seen and supported.

The Brain and Body Coalition (TBBC) is grateful to continue our ongoing partnership with Marist University and Vassar College as they intentionally promote a culture of wellness for both staff and students. Mental Health First Aid is an evidence-based program created by the National Council for Mental Wellbeing, and we are proud to offer it through a blended learning module that combines self-paced content with interactive, community-centered discussion. We are always happy to return to campuses that are committed to learning, growth, and the well-being of their communities, and we applaud Marist and Vassar for leading with care and action.

Training staff in Mental Health First Aid is just as important as physical first aid. Both save lives.





GREEN PAGES

Introducing The Green Pages: Celebrating Community Collaboration

Welcome to the inaugural edition of The Green Pages, a special feature in our magazine that will become a yearly tradition. As a BIPOC Mental Wellness organization, The Brain and Body Coalition recognizes that true progress is made through collaboration. We believe that by working together, we can better support our youth and address the various dimensions of wellness, which are crucial in combating the stigma associated with mental health.

In The Green Pages, we will spotlight three exceptional community partners who have gone above and beyond in their dedication to supporting The Brain and Body Coalition and serving our community. These organizations are not only allies in our mission but also champions in their own right, making significant contributions to the well-being and resilience of those they serve.

We invite you to explore these pages and join us in commending and recognizing these partners for their outstanding work and unwavering commitment to our shared goals. Together, we are stronger, and together, we will continue to make a lasting impact.

KATIE

CASTELL

Healthcare
Collaborator



Enhanced Coordinated
Children's Services Initiative
Coordinator at Astor Services





Katie can often be found in the community supporting programs and advocating for families.

Collaboration is the heartbeat of meaningful community work. Within The Brain and Body Coalition’s mission to support youth, expand mental health education, and cultivate a culture of wellness, partnership is not optional, it is essential. In the Green Pages of the TBBC Community Journal, we proudly recognize individuals whose commitment to collaboration strengthens systems of care and deepens collective impact. We are honored to celebrate Katie Castell as a Health Collaborator. With more than 30 years of clinical experience, Katie brings not only deep expertise, but also a grounded understanding of the systems that shape children’s and family mental health. Her familiarity with these systems allows her to navigate complexity with clarity, advocate effectively, and ensure that families are connected to the right resources at the right time.

Katie’s work consistently reflects a values-driven approach, one that centers dignity, access, and shared responsibility.

Katie is a collaborator in the truest sense. She appreciates the power of working across disciplines and organizations, recognizing that sustainable change happens when knowledge, relationships, and resources are woven together. From connecting families to essential supports, to delivering training for community partners, Katie extends her impact beyond direct service, strengthening the capacity of those who serve alongside her.

In September, Katie partnered with TBBC on Kids Coping and Casting, a signature program designed by The Brain and Body Coalition to support youth in building healthy coping skills through connection, creativity, and the outdoors. Her contribution helped elevate the experience for young participants and families, reinforcing the importance of culturally responsive, strengths-based programming. Beyond this collaboration, Katie’s leadership is felt across the community. She serves on the Children’s Mental Health Acceptance Committee and actively participates in multiple coalitions, consistently showing up with insight, compassion, and a readiness to collaborate. Her presence in these spaces helps bridge gaps, align efforts, and keep the focus on what matters most, our children and families. Green is the color of mental health, growth, and renewal. It is also the color of the Green Pages, where we uplift those who nurture wellness in our community. Katie is always green steadfast in her commitment, generous in her collaboration, and unwavering in her dedication to mental health.

The Brain and Body Coalition is grateful for the privilege of working alongside Katie Castell. Her contributions remind us that when collaboration leads, communities thrive.

Thank you, Katie, for being a true Health Collaborator and for helping us continue to grow a culture of wellness together.

ANTHONY CONESKI

Environmental Collaborations



Promoting the outdoors. Collaborating with organizations.
Creating accessibility. Educating our youth.

The Brain and Body Coalition takes a proactive approach to mental health, recognizing the proven benefits of time spent outdoors.

Anthony Coneski, an Environmental Collaborator and Senior Community Projects Manager at Scenic Hudson, plays a key role in making public green spaces safe, accessible, and welcoming.

Anthony is often found in the parks rather than behind a desk, supporting outdoor programming, environmental education, and community events. He has been instrumental in supporting TBBC events during Mental Health Awareness Month, Men's Mental Health Awareness Month, and Bebe Moore Campbell BIPOC Mental Health Awareness Month.

While we honor Anthony individually, we also acknowledge the Scenic Hudson team for promoting a culture of wellness throughout the Hudson Valley. Their work ensures that nature remains a place of healing, tranquility, and connection.

Anthony and his team make outdoor events at Pershing not just possible, Successful.

Anthony Says:

“One reason I love my job is because I am able to work in beautiful spaces all along the Hudson Valley.

These public spaces provide tranquility and access to nature for all. My work supports mental health by helping protect and maintain these environments.”



Bebe Moore Campbell BIPOC
Mental Health Awareness
Month

NICK JACKSON

Community Collaborator

AKA Farmer Nick

Nick Jackson—known as Farmer Nick, Nick the Dancer, and Neighborhood Nick has been a community collaborator with TBBC since its inception. He actively dismantles stigma by sharing his lived experience as a man of color and encouraging others to engage in conversations around mental health.

Nick uses art, movement, agriculture, and nature to promote wellness and self-expression. As the creator of the PSI Fire Flow Dance Team, he brings creativity and joy to community celebrations, especially during Bebe Moore Campbell BIPOC Mental Health Awareness Month.

Nick played a vital role in TBBC's Brain Body Art Program, helping bring participants into the space, coordinating a local drummer, and facilitating interactive activities. His presence created an atmosphere of connection, creativity, and belonging.

Nick has worked with The Brain and Body Coalition in a variety of facets including being featured as a Breaking the Barriers of Stigma - Speaker. In everything he does he works to promote community, enact change, and teach the importance of living well from head to toe!



Nick with Dr. Livia Santiago Dutchess County Department of Health Commissioner and Larissa Alvarado Artistic Director for The Brain and Body Coalition receiving a proclamation for Bebe Moore Campbell BIPOC Mental Health Awareness Month in July

Nick Says:

“My name is Nick Jackson.

I am a farmer and food justice activist whose goal is to create a self-sustainable food network to provide produce, resources, and aid to the city of Poughkeepsie and beyond.

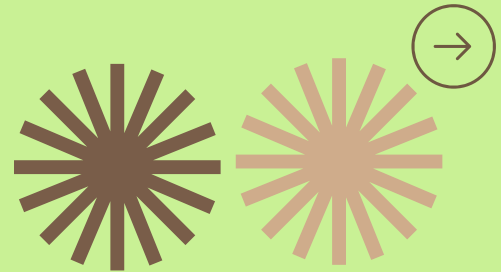
My work supports mental health and wealth by providing safe environments in nature where people can heal their mind, body, and spirit.

My goal with The Brain and Body Coalition is to develop a wellness center combining food, mental health care, and education.”



Save The Date

We hope to see our Community Collaborators at our upcoming events!
Please be sure to save the date!



In the Know
increase your wellness
and knowledge. February
7, 12-4



HisStory
A story of Strength
and Resilience
February 21st



Bebe Moore Campbell
BIPOC
Mental Health Awareness
Month Main Event July
11th 1pm-4pm



ANNUAL EVENTS!

Do you have an annual event that you would like us to host with you?

Are you planning an event and would like to book a speaker?

Dont wait!

Email reply@brainandbodycoalition.org



Seth Davis MHC-LP on psychology today Mental health social media page: Therapeutic Mentality

In The Know does more than just bring people together and highlight community resources, it creates pathways and connections the community never knew they needed.

What is a community without the support of others? Too often, due to stigma, cultural messaging, and lack of awareness of resources, we try to do everything on our own. In The Know, creates a space for the community to be seen, represented, and supported in the way they deserve. Not just to get some handouts, but to actually make meaningful connections for themselves, their children, friends, family members, and loved ones.

Hosting for The Brain and Body Coalition I remember a mutual feeling I shared with every person that walked up to my table; Solace. Because suddenly they and I are not alone. I shared gratitude with people who used to be strangers and realized that long ago little me needed an event just like this. I needed to know that my mental health mattered and that I'm not alone.

Even as a therapist based in Poughkeepsie through Amanda Dixon MHC Services, I continue to learn about resources I never knew existed. We don't know what we don't know, which exactly why this community event is so important.

SUPPORTING ALL DIMENSIONS

In the know an event that became an Annual Celebration.



Now in its third year, In the Know has become an annual gathering rooted in connection, education, and empowerment. Hosted by The Brain and Body Coalition and by PEOPLE USA, this Community Wellness event returns on February 7th from 12–4 PM at The Northside Hub in Poughkeepsie, continuing its mission during Black History Month.

What began as an idea to share resources has grown into an annual community celebration . In the Know supports youth and families navigating anxiety, school pressures, career decisions, and access to care—meeting people where they are and offering real pathways forward.

This year’s event brings together organizations focused on mental health and wellness, education and career alternatives, and community programs and free services. From trades and technical jobs to mindfulness, movement, and family support, attendees can explore resources designed to strengthen both mind and body.

At every table, there’s a story, a fact, and a shared goal: helping our community grow stronger through knowledge. As In the Know enters its third year, it continues to prove that when information is accessible and culturally responsive, empowerment follows.



This photo features coping skill toolkits. This was made possible in part from the Dutchess County Youth Wellness Grant..



CAPE
DORA CELESTINO

PLACE CORPS

Growing STEMZ
LIZ RAFFERTY

POUGHKEEPSIE
FARM PROJECT

THE ART
EFFECT

SCENIC HUDSON
LITTLE TOKYO
CSEA UNION

HUDSON VALLEY
RENEGADES

Crazy Over Art
Carrie Decker

CITY OF
POUGHKEEPSIE
POLICE

MENTAL HEALTH
AMERICA
DUTCHESS
LEXINGTON CENTER

Esperanza

FAREGROUND

LEAD
NAMI MID-HUDSON
RENEE TANCIN

Dutchess
BOCES

CASA

VASSAR COLLEGE
OCEL
DAY ONE

SUN RIVER HEALTH

HERITAGE
FINANCIAL
BANK

DUTCHESS
COUNTY
DEPARTMENT
OF CIVIL SERVICES

SAMIYRAH
BENNETT
HUDSON
RIVER
HOUSING

HUDSON VALLEY
JUSTICE CENTER

UNITED WAY

PPGNY

Dutchess Pride

The LOEB
PEOPLE USA

DUTCHESS COUNTY
DEPARTMENT OF
MENTAL HEALTH

THE MARIST LIBERTY
PARTNERSHIP
PROGRAM

LEAH
TRAGSTER

STEWARTS

Thank You to all our sponsors and vendors!

Things to Consider When Selecting a Therapist



Cultural Competence

Is the therapist race, ethnic or gender important to you? Do you want someone with the same background as you? Should they speak the same language as you?

In-Person or Virtual

Do you feel more comfortable having personal conversations in-person or virtually (through your phone or computer)?



Group Session or One-on-One

Are you more comfortable speaking about your experiences without others present? Or, do you feel better sharing as a part of a group settings?

Type of Therapy You Want

Are you interested in the relationship between your behavior and thoughts or feelings? That's CBT. Are you more focused on your relationship with others? That's Interpersonal Therapy. Ask the therapist which form of therapy they practice.



Resources

For a list of Culturally competent Providers visit www.brainandbodycoalition.org.

For more information on therapy, anxiety and depression, visit www.adaa.org



ADAA

(845)293 2929

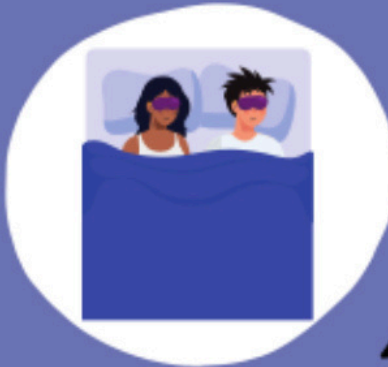
reply@brainandbodycoalition.org



SIGNS OF DEPRESSION

In the community, negative stigmas can be reinforced that tend to associate depression with weakness. However, it's important to be able to distinguish signs of depression from other daily emotions. Here are signs to look for when determining whether you or someone you know who might be struggling with depression:

1. FEELINGS OF SADNESS AND OR HOPELESSNESS LASTING CONSISTENTLY FOR MORE THAN TWO WEEKS



2. SLEEPING TOO LONG OR TOO LITTLE

3. DIFFICULTLY CONCENTRATING OR MAKING DECISIONS



LOSS OF INTEREST IN PERSONAL HOBBIES OR ACTIVITIES

HOW DEPRESSION CAN SOUND:

"I really don't care to do anything today..." "I know we had plans, but I can't seem to get myself out of this funk...."



YOU MATTER

Text. Call. Chat.

988 SUICIDE & CRISIS LIFELINE

845.293.2929

The Brain & Body Coalition



Culturally Relevant Mental Health & Wellness Resources



Culturally Relevant Programs and Resources for BIPOC Communities
This resource list highlights culturally relevant programs and resources that support MENTAL HEALTH and MENTAL WELLNESS.
These programs are specifically catered to MEMBERS of BIPOC Communities seeking resources that feel SAFE and FAMILIAR

Crisis Text Line

Offers free, confidential support 24/7 via text, for anyone in crisis

Text **"HOME"** to **741741**

CRISIS TEXT LINE |

Text HOME to 741741 for free, 24/7 crisis support in the US.

The Steve Fund

Focuses on the mental health of students of color, offering crisis response and financial assistance

Website: stevefund.org



Call at: **401-373-2703**

Latinx Therapy

Provides mental health resources and a therapist directory catered toward the Latinx community

Website: latinxtherapy.com



Find a Therapist Tab
Listen to Podcast
Find a Speaker Tab

The Trevor Project

Mental health and crisis support for LGBTQ+ youth, including young men
Website:

thetrevorproject.org



Call at: **1-866-488-7386**

The Brain and Body Coalition

Resources and training for youth and their supporters, taking a proactive approach to mental health

Website: brainandbodycoalition.org



Call at: **845-293-2929**
Visit our **BIPOC Tab**

Therapy for Black Girls

Offers a directory of therapists and resources specifically for Black women & girls

Website:

therapyforblackgirls.com



Find a Therapist Tab
Listen to Podcast

Asian Mental Health Collective

Offers mental health resources, articles, and support groups for Asian communities

Website: asianmhc.org



Find a Therapist Tab
Listen to Podcast
Programs

Trans Lifeline

Peer support hotline run by and made for trans people, (Crisis Intervention & Resources)

Website: translifeline.org



Call at: **(877) 565-8860**

Compass Wellness

Focus on helping individuals heal and find balance along with their overall well-being

Website:

compasswellnesspllc.com



Call at: **845-605-2999**

AAKOMA Project

Provides support and connects young BIPOC individuals with culturally competent therapists

Website:

aakomaproject.org



Call at: **571-619-8340**

Indian Health Services

Offers mental health services & resources for American Indians and Alaska Natives

Website: ihs.gov



Call at: **(301) 443-3593**

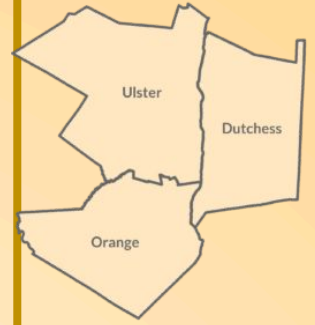
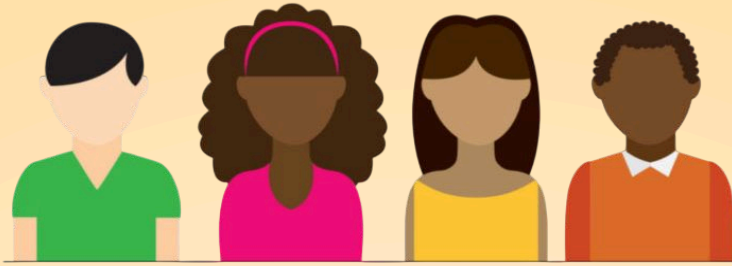
Native American Lifelines

Provides culturally sensitive health & wellness services for Native American communities

Website: nativeamericanlifelines.org



Call at: **(857) 203-9680**



1 in 4 Americans suffers from a diagnosable mental disorder. Minority populations are less likely to receive diagnosis for their behavioral health issues and have less access to mental health services.

Urban Indian Health Institute

Offers resources & research on health disparities affecting urban Native Americans

Website: uihi.org



Health Initiatives Tab
Callat: (206)812-3030

Black Emotional and Mental Health (BEAM)

Focuses on the emotional and mental healing of Black communities

Website: beam.community
Programs Tab Trainings Tab



South Asian Mental Health Initiative & Network

Culturally sensitive mental health resources & support for South Asians

Website: samhin.org



Call at: 732-902-2561
Programs Tab
Resources Tab

The ART Effect

Art-based therapeutic program offering physical, emotional, & psychological support services

Website: thearteffect.org



Call at: 845-471-7477
Programs Tab
Events Tab

Amira forHer/Him/They

Offer individual, couples, and family therapy for individuals of all ages. An approach grounded in empathy and cultural competence

Websites: amiraforher.com
amiraforhim.com
amiraforthem.com

Amanda Dixon Therapy

Online therapy focusing on children, teens, and adults. Healing emotional wounds, teaching better coping strategies, and improving relationships

Website: amandadixonlmhc.com



Therapist Directory Tab
Call at: 845-307-7970

MHA Dutchess County Teen Ambassador Program

Promotes teens relating and helping other teens struggling with their own daily challenges

Website: mhanational.org



Youth Peer Support Tab
Youth Mental Health Tab
Teen Ambassadors Tab

Viet Rainbow of Orange County

Activates LGBTQ+ BIPOC power through education, outreach, civic engagement, and support services

Website: vietroc.org



LGBTQ Tab
LGBTQ (Viet) Tab

Unison Arts

A community hub offering transformative, accessible arts experiences for all

Website: unisonarts.org



Callat: 845-255-1559
Hands-On Learning Tab
Events Tab

National Asian American Pacific Islander Mental Health Association

Culturally competent mental health resources and advocacy for Asian American & Pacific Islander communities

Website: naapimha.org



Trainings Tab
Resources Tab
Events Tab

Sista Afya Community Mental Wellness

Mental wellness education and resources for Black women in Chicago & beyond

Website: sistaafya.com



Call at: 708-292-8730

Creatives Care

Artists, providers, and supporters providing free services to help artists access affordable high-quality mental healthcare

Website: creativescare.org



Find Care Tab
Resources Tab
For Providers Tab



Men's Mental Health & Wellness

Resources

Hotlines and Programs for Outdoor & Sports-Based Support

This resource list highlights programs and hotlines that support MEN'S MENTAL HEALTH and WELLNESS. Many programs integrate sports, movement, or the outdoors as a means to support healing, connection with others, and resilience

HeadsUpGuys

Depression and suicide prevention support tailored for men

Website: headsuptguys.org
HEADSUPGUYS

The Trevor Project

Mental health and crisis support for LGBTQ+ youth, including young men

Website: thetrevorproject.org
Call at: 1-866-488-7386

Hike for Mental Health

Raises awareness and funds via hiking events for mental wellness

Website: ihike.org

The Movember Foundation

Global initiative focused on men's health and prostate/testicular cancer awareness

Website: movember.com
MOVEMBER.COM Call at: 310-450-3399

Reel Hope for Men's Mental Health

Fishing-based program to raise awareness around suicide and stigma

Kids Coping & Casting

Outdoor mental health education through fishing and bonding

Website: brainandbodycoalition.org



Call at: 845-293-2929

The Overwatch Collective

CrossFit, nature retreats, and therapy access for veterans and first responders

Website: theoverwatchcollective.com



Man Therapy

Interactive mental health platform with a humorous approach for men

Website: mantherapy.org



988 Suicide & Crisis Lifeline

24/7 crisis support via call or text

Website: 988lifeline.org



Dial: 988

Project Healing Water Fly Fishing

Fly fishing as therapeutic support for veterans

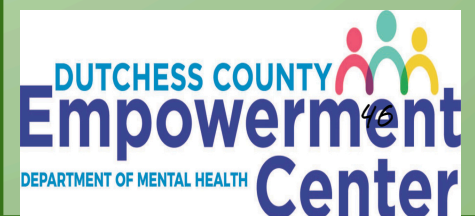
Website: projecthealingwaters.org



Dutchess County Empowerment

Accessible center for all adults at any stage of substance use or mental health recovery

Website: dutchessny.gov/Departments/D_BCH/Empowerment-Center.htm



5 Major Mental Health Problems Affecting Men



DEPRESSION

Over 6 million men suffer from depression per year. Male depression often goes undiagnosed. Men are more likely to report fatigue, irritability, loss of interest in work or hobbies, rather than feelings of sadness or worthlessness.

ANXIETY

Approximately 19.1 million American adults ages 18 to 54 have an anxiety disorder. 3,020,000 men have a panic disorder, agoraphobia, or any other phobia.



BIPOLAR DISORDER

2.3 million Americans are affected by bipolar disorder. An equal amount of men and women develop the illness. The age of onset for men is between 16 to 25 years old.

PSYCHOSIS AND SCHIZOPHRENIA

Approximately 3.5 million people in the U.S. are diagnosed with schizophrenia and it is one of the leading causes of disability. Ninety percent of people who are diagnosed with schizophrenia by age 30 are men.



EATING DISORDERS

Males account for an estimated 10% of patients with anorexia or bulimia and an estimated 35% of those with binge-eating disorder. Men with eating disorders are less likely to seek professional help than women.

Black Men Run

Promotes mental and physical health in black men through running groups

Website: blackmenrun.com



Contact at:
info@blackmenrun.com

MHA in Ulster County

Offers a series of trainings and support groups to the public

Website: mhainulster.com



Call at: **845-336-4747**

Inner City Weightlifting

Empowerment for young men through fitness and mentorship

Website: innercityweightlifting.org



Call at: **(617) 714-4529**

Warrior's Ascent

Mindfulness and outdoor healing retreats for first responders and veterans

Website: warriorsascent.org



Call at: **816-800-9276**

Black Men Heal

Provide access to mental health treatment, psycho-education, and community resources to men of color

Website: blackmenheal.org



Contact at:
info@blackmenheal.org

Mental Health America of Dutchess County

Dedicated to making sure no one is left behind due to a lack of mental health services

Website: mhadutchess.org



Call at:
845-473-2500

Guardian Revival

Improving mental health & well being of military, veterans, first responders, and their families, at no cost to them

Website: guardianrevival.org



Call at:
845-745-0088

Camp HOPE America (Mentorships)

Trauma-informed, outdoor programs for youth and adult mentors

Website: caphopeamerica.org



Call at: **888-511-3522**

The Steve Fund

Focuses on the mental health of students of color, offering crisis response and financial assistance

Website: stevefund.org



Call at: **401-373-2703**

The AAKOMA Project

AAKOMA Call at: **571-619-8340**

Provides support and connects young BIPOC individuals with culturally competent therapists

Website: aakomaproject.org



CONTACT US



845-293-2929



WWW.BRAINANDBODYCOALITION.ORG



REPLY@BRAINANDBODYCOALITION.ORG

1 OUT OF 5 CHILDREN EXPERIENCE A MENTAL DISORDER IN A GIVEN YEAR

FOR THOSE EXPERIENCING SYMPTOMS, BLACK AND LATINX CHILDREN ARE LESS LIKELY TO RECEIVE TREATMENT.



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Supporting Mental
Wellness
Supporting BIPOC
Communities



5

Action Steps to Help Someone Having Thoughts of Suicide

We can all take steps to help prevent suicide. **Knowing the warning signs for suicide and how to get help can save lives.**

Here are 5 steps you can take to **#BeThe1To** help someone who is having thoughts of suicide:



1. ASK:

“Are you thinking about suicide?” It’s not an easy question to ask, but it can help start a conversation. Studies show that asking people if they are suicidal does not increase suicidal behavior or thoughts.



2. BE THERE:

Listening without judgment is key to learning what the person is thinking and feeling. Research suggests acknowledging and talking about suicide may reduce suicidal thoughts.



3. HELP KEEP THEM SAFE:

Reducing access to highly lethal items or places can help prevent suicide. Asking the person if they have a plan and making lethal means less available or less deadly can help the person stay safe when suicidal thoughts arise.



4. HELP THEM CONNECT:

Connecting the person with the 988 Suicide & Crisis Lifeline (**call or text 988**) and other community resources can give them a safety net when they need it. You can also help them reach out to a trusted family member, friend, spiritual advisor, or mental health professional.



5. FOLLOW UP:

Staying in touch with the person after they have experienced a crisis or been discharged from care can make a difference. Studies show that supportive, ongoing contact can play an important role in suicide prevention.

For more information on suicide prevention:

www.nimh.nih.gov/suicideprevention

www.bethe1to.com

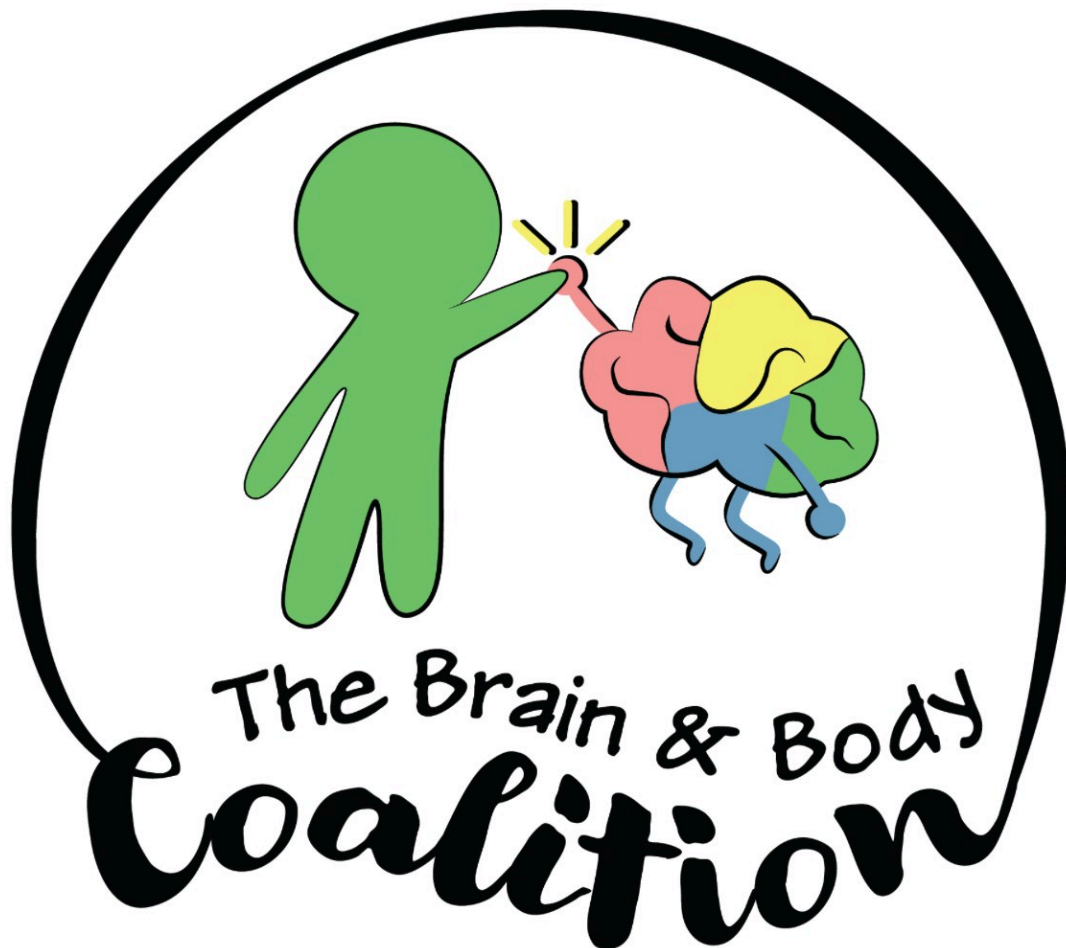


National Institute
of Mental Health

49

NIMH Identifier No. OM 24-4315
Revised 2024

Prioritizing Wellness from Head 2 Toe



**A Hudson Valley Based Company
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*Training * Outreach * Education*

Reply@brainandbodycoalition.org

brainandbodycoalition.org