Our mission is to improve the lives of persons living with mental health challenges by advocating for improved public policy, educating health service providers, and connecting individuals to the right help at the right time.

1 in 5 ADULTS & CHILDREN IN TENNESSEE ARE EXPERIENCING A MENTAL HEALTH CHALLENGE

The only acceptable suicide rate is ZERO. Together we can make suicide a never event.

Students showed a 95% increase in mental and social emotional knowledge from our Erasing the Stigma Youth presentations. This is measured through a pre and post test evaluation with a numerical scale.

Students grades K-12 Trained in Mental Health Awareness through ETSY

Mental Health Crisis? Call or Text 988 or Visit 988LifeLine.org

Mental Health America of the MidSouth

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