



Silence ~~the Shame~~

YOUTH MENTAL WELLNESS COPE CLINIC

Empowering youth, caregivers, and communities to
advocate for mental wellness.

IMPACT REPORT

2025



ORGANIZATION OVERVIEW

Silence the Shame (STS), Inc. is a national non-profit organization dedicated to eliminating mental health stigma and reducing health disparities and suicide rates among high-stress populations. Through community conversations, compelling content, and culturally responsive programs, we aim to normalize the conversation, peel back the layers of shame, and promote mental wellness.

PROGRAM OVERVIEW

Youth Mental Wellness Community Outreach Practice Effort (COPE) Clinic

The COPE Clinic is a culturally responsive program focused on prevention, designed to provide Atlanta-area youth (ages 11–19) and their caregivers with practical tools for enhancing mental health, leadership, and life readiness. It features monthly activities lasting 60–75 minutes, delivered in collaboration with schools, after-school programs, and organizations serving youth. Teens participate in interactive sessions on topics including entrepreneurship, financial literacy, self-care, stress management, and trauma-informed support across eight domains of wellness.

The clinic operates on three tiers: universal wellness education, youth leadership and peer facilitation, and family/staff capacity building. It also maintains clear referral pathways and provides education about the 988 crisis hotline, ensuring safety while remaining focused on non-clinical, educational outreach.

Annual COPE Clinic, Parent Café Workshops and Parent Leadership

An annual full-day COPE Clinic amplifies its impact by uniting teens and caregivers for youth-led panels, creative expression, fitness and mindfulness activities, and skill-building workshops. Additionally, Parent Café workshops, available both virtually and in person, empower caregivers by providing education, peer support, and evidence-informed guidance.

Youth Advisory Council

The guidance of the Youth Advisory Council informs the COPE Clinic, fostering leadership development by encouraging teens to advocate for mental health awareness and inspire their peers.



PROGRAM GOALS & OUTCOMES

INCREASE MENTAL HEALTH AWARENESS AND KNOWLEDGE

STS aimed to engage 300 young people through the COPE Clinic activities, with 80% showing improved understanding of mental health, including healthy coping skills, self-advocacy, and access to behavioral health and crisis care. In 2025, we exceeded targets, with 577 youth participating, 40 volunteers, and 25 partners. Evaluation using pre- and post-surveys yielded data from 147 youth, reflecting a strong sample.

EMPOWERING AND EQUIPPING YOUTH AND PARENT LEADERS

STS has recruited and onboarded 65 new YAC members for 2025. Recruitment was driven by word of mouth, social media, youth outreach events, and community volunteer opportunities. STS facilitated 13 training sessions that supported 297 youth, covering youth leadership, mental health literacy, advocacy and legislative engagement, and stigma reduction. Youth are represented from Cobb, Fulton, Clayton, Harris, Walton, Forsyth, Fayette, DeKalb, Gwinnett, Chatham, Barrow, Henry, Paulding, and Davidson counties.

CAREGIVER SUPPORT AND MENTAL HEALTH AWARENESS

STS effectively organized three Parent Cafés, connecting with 56 parents and caregivers through both virtual and in-person formats. Among those who provided evaluations, an impressive 100% indicated they could identify strategies for being a trusted adult and/or caregiver. In addition, STS conducted five community training sessions for 81 parents and school staff, and held outreach events that reached 975 parents and community members and provided essential behavioral health resources.

PROGRAM HIGHLIGHTS

STS partnered with local organizations and behavioral health experts in Lawrenceville, Marietta, Athens, Snellville, Brookhaven, Atlanta, and Decatur, Georgia, to facilitate COPE activities, annual COPE clinic, Parent Cafes, and outreach events. The goal of these initiatives was to equip participants with the tools to communicate effectively with their communities, dispel misconceptions, and encourage open, healthy discussions about mental health.

13

**COPE CLINIC
EVENTS**

13

**YOUTH ADVISORY
COUNCIL MEETINGS**

24

**OUTREACH
EVENTS**

8K

**RESOURCES
DISTRIBUTED**

918

**YOUTH
ENGAGED**

137

**SUPPORTED
CAREGIVERS**

31

**PARTNERSHIPS
DEVELOPED**

32

**VOLUNTEER
MOBILIZED**



Participants reporting a greater understanding of mental health



Participants expressing confidence in seeking early help



Participants gaining practical tools from our vocational and stress management-focused sessions



2025 COPE ACTIVITY RECAP

SISTERHOOD SUMMIT - MAYS HIGH SCHOOL ATLANTA, GA



STS collaborated with Mays High School to host a mental health talkback for 200 female students at the school's Sisterhood Summit. The discussion addressed mental health, future planning, and goal setting. Participants crafted affirmation mirrors, explored emotional regulation, and recognized the signs and symptoms of mental illness.

MOVIE NIGHT - SHILOH HIGH SCHOOL SNELLVILLE, GA



STS collaborated with Shiloh High School to host a Movie Night featuring **"Inside Out 2"** and a teen panel discussion for 75 students. Teen leaders shared their insights on navigating emotions, inspired by the film's themes such as understanding of anxiety management and emotional intelligence. Participants also engaged in a small resource fair with community partners, including Viewpoint Health, Gwinnett Coalition, and Free Your Feels Partners.

YELLS (YOUTH EMPOWERMENT THROUGH LEARNING, LEADING, AND SERVING, INC.) MARIETTA, GA



FINANCIAL LITERACY WORKSHOP

STS collaborated with YELLS, a nonprofit organization dedicated to youth development, to conduct a financial literacy workshop facilitated by Delta Community Credit Union for nine high school students. This session equips participants with the knowledge and resources to make informed financial decisions and build a secure financial future. The workshop emphasized three main areas: goal setting, budgeting, and credit management.



COLLEGE READINESS WORKSHOP

STS hosted a College & Career Readiness workshop, facilitated by Shameka Fahie, for 15 high school students. The participants delved into topics such as academic responsibility, mental health, strategies for academic success, and available resources. The aim was to empower youth and young adults with the essential knowledge and skills to effectively navigate their educational and professional paths while emphasizing the importance of mental wellness.

2025 COPE ACTIVITY RECAP

SONGWRITING WORKSHOP - LAWRENCEVILLE BOYS AND GIRLS CLUB LAWRENCEVILLE, GA



STS partnered with the Lawrenceville Boys & Girls Club to conduct a songwriting session guided by Sonia Emore for 31 middle school students. During this engaging workshop, participants discovered how music can help in regulating emotions. Through a step-by-step instructional approach that dissected songs and feelings, students learned various techniques to cope with stress and anxiety.

A DAY OF PLAY TEAM BUILDING - FUSION ACADEMY ATLANTA, GA



STS partnered with Fusion Academy to organize a team-building exercise, led by Bria Campbell, for ten high school students. The event, dubbed the "Day of Play," was designed to boost youth engagement by fostering social interaction, encouraging self-reflection, and promoting emotional awareness. Participants engaged in a variety of activities, including games, puzzles, art, journaling, and physical exercises, all within a supportive and interactive environment.

STSU AMBASSADORS MIND OVER MATTER - MOVING IN THE SPIRIT ATLANTA, GA



The STSU College Ambassadors organized and led a mental health obstacle course for 11 youth from the Moving in the Spirit Dance School. The participants engaged in activities such as yoga sessions, an affirmation and reflection wall, and a tug-of-war session to foster team building and create a safe, creative space for teen mental well-being. The primary goal of this event was to promote self-care, resilience, and emotional well-being among the participants.

COPE AND CONNECT: NAVIGATING SOCIAL ANXIETY - ATLANTA GLOW ATLANTA, GA



STSU College Ambassadors partnered with Atlanta Glow, a nonprofit dedicated to young women's leadership, to organize a mini COPE clinic for ten middle and high school students. Participants engaged in panel discussions designed to foster a safe, supportive environment for exploring coping strategies for social anxiety. During the session, they also crafted glitter jars and stress balls, offering a fun, hands-on approach to practicing self-care while serving as tools for stress relief and emotional expression.

2025 COPE ACTIVITY RECAP

AGAPE AFTERSCHOOL PROGRAM

ATLANTA, GA



NUTRITION WORKSHOP

STS partnered with the Agape Afterschool program to conduct a nutrition workshop, led by Whitney Miner, for 15 middle school students. During the session, participants crafted their own breakfast parfaits and delved into the relationship between food and mental health. This initiative provided valuable skills in healthy eating, meal planning, and mindful nutrition, all aimed at promoting overall well-being.



BOXERCIZE WORKSHOP

STS collaborated with Agape to organize an empowering boxing workshop, led by We Are Glover, for 20 middle school students. During the workshop, participants learned fundamental boxing techniques and explored how movement can effectively manage stress, enhance mental clarity, and build self-confidence. Throughout the session, students experienced tension release and fostered a positive mindset.

SOUNDBATH & YOGA - LOTUS PERFORMING ARTS

ATLANTA, GA



STS collaborated with Lotus Performing Arts to present a sound bath led by Rikki McCoy, engaging 13 young dancers in emotional regulation skills. Participants practiced deep breathing and delved into different sound wave frequencies, complemented by a touch of meditation and yoga for a soothing and relaxing experience.

MINI-COPE CLINIC - FUTURE SEEKERS

ATLANTA, GA



STS partnered with Future Seekers, a youth development nonprofit, to host a mini COPE clinic for 45 high school students. Participants engaged in a panel discussion to explore self-love and confidence. In addition, teens rotated self-care stations, including journaling, affirmation mirrors, nutrition, and team-building activities.

PROGRAM TRAINING

YOUTH LEADERSHIP TRAINING SERIES



The “**Lead Loud for Mental Health**” youth leadership training series was created to build valuable skills in communication, leadership, project management, advocacy, and resource creation. STS empowered youth to educate and inspire their peers, guide mental health solutions, and help reduce stigma.

We partnered with Shiloh HS and Jack & Jill of America, Atlanta Chapter, to host the series, where their youth learned the following:

- 1. Breaking the Silence — Mental Health Focus:** Understanding stigma, using inclusive language, sharing facts
- 2. Awareness in Action — Plan with Purpose Focus:** Goals, audience, and results you can measure

- 3. Event Architects — Plan, Market, Fundraise Focus:** Timelines, roles, outreach, and budget basics

- 4. Speak Up, Listen Up — Facilitation + On-Mic Skills Focus:** Hosting, moderating, de-escalation, and interviews



SOCIAL MEDIA CAMPAIGNS

YAC curated several campaigns designed to foster understanding, support, and advocacy for mental well-being



Check out @silencetheshame on Instagram, Facebook, and Tik Tok for youth-created and inspired content

ANNUAL COPE CLINIC RECAP



Shiloh High School Leadership In Action

STS equipped 22 student leaders to host a full-day COPE clinic for their peers, school staff and parents.

Student-Led Activities

Students took on roles as event hosts, DJs, panel members, moderators, volunteers, and activity leaders to keep the event youth-focused.

Teen Panel Discussion: Understanding Me, Societal Pressures, and the Importance of Building Community

Student leaders engaged community partners and student clubs: Gwinnett Coalition, HopeBound, 3rd Spot, FBLA, and DECA.



120

COPE CLINIC
ATTENDEES

30

COPE CLINIC
VOLUNTEERS

22

STUDENT LEADERS
TRAINED

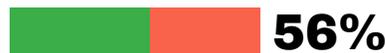
Students reported increased knowledge of ways to cope during periods of stress.



Students reported knowledge gained about how movement can improve overall health.



Students reported increased confidence in accessing school resources to support their transition to college.



Students reported a greater likelihood of advocating for their own well-being.



Students reported a better understanding on how to access mental health resources such as the 988 hotline



Student leaders reported increased confidence in executing mental health awareness events.



Students reported hosting and participating in another COPE Clinic for their school.



Thanks again for the experience of working with COPE clinic it was super nice to volunteer and make sure everything went smooth! - 10th Grade Student

I'm so thankful for this experience and the opportunity to work with all of you guys! - Student Leader

I'm so thankful being apart of this - 11th Grade Student

[Click Here for COPE Clinic Recap](#)

[Click Here for COPE Clinic Teen Chat](#)

YOUTH LEADERSHIP

ELEVATING YOUTH VOICE AND ADVOCACY

65 Youth & Young Adult Advisory Members

STS facilitated 13 training sessions empowering 297 youth in mental health literacy and advocacy:

Built Advocacy and Civic Skills: Youth engaged in advocacy training, including connecting with legislators and activating mental health awareness events:

68%

Youth reported learning effective ways to engage legislators

52%

Youth felt very confident advocating

88%

Youth planned to use their new skills

Mental Health Literacy & Peer Support Skills:

Youth engaged in mental health and suicide prevention, emotional intelligence, and peer support training:

40%

Youth learned about 988 for the first time

88%

Youth reported increased understanding of stigma reduction strategies

75%

Youth reported being prepared to identify and support peers when they need help.

YAC members translated training into action by:

- Producing a **three-part episode** youth-led podcast series.
- Co-creating the **“Mental Health During the Holidays” toolkit** to offer their peers strategies to maintain wellness.
- Leading and participating in **youth panel discussions** (e.g., Movie Night on emotional regulation).
- Contributing to a 30 Days of Gratitude **social media campaign**.

These youth-generated products and campaigns reached more than **4,500** people online, extending impact beyond direct participants and cultivating a visible, youth-led mental health movement.

Silence the Shame
**YOU ADVISORY
TH COUNCIL.**



DIGITAL CONTENT

YAC PODCAST SERIES



[CLICK HERE TO WATCH](#)

Episode 1:

Theme: The Power of Rest: Why Young People Need to Slow Down

In this episode, the Silence the Shame Youth Advisory Council crew opens up about why rest isn't laziness—it's necessary. From the pressures of social media to cultural expectations that glorify hustle, we unpack the truth about slowing down, self-care, and protecting your peace.



[CLICK HERE TO WATCH](#)

Episode 2:

Theme: Finding Support When the Holidays Feel Hard

In this episode, the Silence the Shame Youth Advisory Council dives into what it really means to have a support system during the holidays. From dealing with family dynamics to leaning on friends and managing social media pressures, the conversation gets real about mental health, vulnerability, and connection.



[CLICK HERE TO WATCH](#)

Episode 3:

Theme: Breaking Silent Cycles: Honest Conversations During the Holidays

In this episode, the Silence the Shame Youth Advisory Council dives deep into the power of communicating with family—especially during the holiday season. From navigating generational differences to learning how to set healthy boundaries, this conversation explores how understanding, empathy, and grace can help bridge family gaps.

YAC REAL TALK SERIES: IMPORTANCE OF COMMUNITY AND SELF-CARE

Click image below to view video



STS Youth Advisory Council presents Real Talk: The Power of Community Through Youth Voices

Click image below to view video



STS Youth Advisory Council presents Real Talk: The Self-Care Routines That Keep Us Balanced

PARENT LEADERSHIP

CENTERING FAMILY-DRIVEN CARE

STS launched the Parent Advisory Council to position parents and caregivers as informed partners and advocates within Georgia's system of care.

Recruited and Retained Parents:

29

Recruited members

23

Participated in early sessions

20

Current PAC Members

Delivered High-Impact Training: An eight-week, two-hour weekly virtual series achieved

88%

Average attendance

100%

Satisfaction

100%

Increase in understanding across behavioral health, advocacy, council roles, and community engagement.

Built Sustainable Structures: Parents established bylaws, selected a leadership team, and initiated regular monthly meetings, moving from training to ongoing governance and decision-making.

Activated Parent Leadership in Community Settings:

- Two PAC members served as panelists at the City of Atlanta Suicide Prevention Resource Fair, **reaching 50 city employees and first responders.**
- One PAC member **led a Parent Café** at the Shiloh High School, engaging parents in conversation and resource-sharing.
- The PACs' Giving event introduced the council to the community and **strengthened ties** with families and providers.

PAC has embedded credible parent voice into planning, outreach, and advocacy, advancing family-driven, youth-guided support.



2025 PARENT CAFÉ RECAP



VIRTUAL PARENT CAFÉ @ DREW CHARTER SCHOOL

STS teamed up with Drew Charter School to organize a virtual café, expertly facilitated by Reinetta Arnold, MSW, LCSW, MAC, CFVIP, who is the owner and CEO of The Empowerment Agency. This Café aimed to deepen understanding and provide support concerning suicide loss. We engaged 44 parents and school staff in discussions about suicide and strategies for coping with loss within the community.



PARENT CAFÉ @ AGAPE AFTERSCHOOL PROGRAM

STS collaborated with Agape and the Empowerment Agency to organize a Parent Café, facilitated by Porsché Nance. This café offered a valuable opportunity for three parents to connect, exchange experiences, and discover strategies for supporting their teenagers.

PARENT CAFÉ @ SHILOH HIGH SCHOOL

STS partnered with Shiloh HS COPE Clinic to host a parent cafe, facilitated by Aza Shakur, Silence the Shame's Parent Advisory Council member, for seven parents and caregivers. This in-person Parent Cafe focused on providing parents with strategies for supporting their child's mental well-being.



Parents reported that the Café provided a physically and emotionally safe space for discussions.



Parents reported the Café helped to identify creative strategies to strengthen the family's overall well-being.



Parents reported increased confidence in recognizing things that impact teens' mental health and well-being.



Parents reported that the Café helped me explore healthy coping strategies and suicide prevention techniques for building resilient teens.



PROGRAM FEEDBACK



"I really needed this training. I want to extend my content creation on Social media and this will really help me speak more about mental health."

-YAC Member

"I've had the chance to attend around four of the past meetings, and I've really enjoyed collaborating with everyone and learning more about mental health. It's been such a rewarding experience, and I am excited about the possibility of becoming even more involved!"

-YAC Member

"The resource mapping training was valuable. I feel as I start resource mapping myself, I will learn even more. This was a great start."

-PAC Member

Thank you STS for your continued Partnership in helping us care for our students- mind, body and soul.

- Program Partner, Lotus Performing Arts

"It was powerful to witness students fully engaged in an experience that nurtures their mental health and overall well-being. Thank you to Silence the Shame for creating this space."

-Program Partner, Shiloh High School, Dr. Gore

"If this council could help change one thing related to youth mental health in our schools and/or communities, I would want young people to feel seen and heard, to know their voices matter when it comes to mental health."

-PAC Member

PROGRAM RESOURCES

PARENT & EDUCATOR RESOURCES

Featured: Resource booklets, workshop handouts, and rack cards to support parents and caregivers.

ADVOCATING FOR SOCIAL JUSTICE ISSUES

Parent Edition

Promoting Mental Health Awareness

FIGHT FOR YOUR RIGHTS
DO YOUR PART
USE YOUR VOICE
RESIST TOGETHER

Silence the Shame
www.silencetheshame.com

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SUPPORTING YOUR CHILD AFTER A SUICIDE LOSS

A PARENT'S GUIDE

The loss of a student to suicide affects the entire school community. As a parent, you play an essential role in helping your child navigate this difficult experience. This guide provides practical strategies to support your child while being mindful of your emotional needs.

www.silencetheshame.com

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YOUTH MENTAL HEALTH STATISTICS KEY FACTS 2025

01 GENERAL PREVALENCE AND IMPACT

- 1 in 6 adolescents (ages 13-18) experiences a severe mental health condition at some point during their life.
- Among children aged 9-16, about 13% experience a severe mental disorder.
- 42% of high school students (2021) reported feeling persistently sad or hopeless during the past year.

02 EARLY ONSET

- 50% of all lifetime mental illness begins by age 14.
- 75% begins by age 24.

03 ACCESS TO MENTAL HEALTH SERVICES

- Almost 60% of youth with major depression receive no mental health treatment.
- African American and Hispanic youth use mental health services at about half the rate of white youth.
- Asian American youth use services at about one-third the rate of white youth.

04 SCHOOL AND FUNCTIONING

- Mental health conditions are a leading cause of school absences and academic challenges.
- Students aged 6-17 with mental, emotional, or behavioral concerns are three times more likely to be chronically absent from school.
- Youth with depression are three times more likely to drop out.

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05 SUICIDE AND SUICIDE RISK

- Suicide is the second leading cause of death for youth ages 10-14 and 15-24 in the U.S.
- Nearly 1 in 3 high school girls seriously considered suicide in the past year (2021).
- Suicide rates among youth have significantly increased since 2009, especially among adolescent girls.

06 IMPACT OF COVID-19

- In 2021, 44% of high school students reported persistent feelings of sadness or hopelessness.
- Emergency department visits for youth mental health crises and hospitalization attempts have risen especially among adolescent girls.

07 JUVENILE JUSTICE

- 70% of youth in juvenile justice systems have at least one mental health condition.

08 BLACK YOUTH SUICIDE STATISTICS

- The suicide rate for Black youth ages 15-24 rose from 2007 and 2020, suicide rates among Black youth ages 10-24 increased by about 84%.
- Suicide is now the third leading cause of death for Black youth ages 15-24.
- From 2003-2017, Black children ages 5-12 were nearly twice as likely to die by suicide as their white peers.

988 SUICIDE & CRISIS LIFELINE

Call, text, or chat 988 or 1-800-988-9888 with someone who can help!

What Is a Crisis?

A crisis is any situation where a student's safety or emotional wellbeing appears at immediate risk and requires urgent attention.

Common types:

- Emotional outburst (yelling, crying, aggression)
- Threat or act of self-harm
- Disclosure of abuse or trauma
- Threats toward others
- Sudden severe withdrawal or inability to function

Warning Signs of a Mental Health Emergency

- Drastic changes in mood or behavior (extreme anger, sadness, or withdrawal)
- Verbal or written threats of harm to self or others
- Talking about feelings hopeless or wanting to die
- Evidence or report of self-injury
- Unusual confusion, disorientation, or detachment from reality

Crisis Response: What To Do (Do's)

- Stay calm and model steady behavior—use a calm, reassuring voice.
- Ensure immediate safety—remove potential hazards if possible.
- Offer support without judgment—"I'm here for you. You're not in trouble."
- Give space if appropriate, but don't leave a student at risk alone.
- Listen more than you speak. Validate their feelings. "It's okay to feel overwhelmed."
- Contact the right people—school counselor, crisis team, or administrator per your school's protocol.
- Document what happened—note words/actions, your responses, and who was notified.

Crisis Response: What Not To Do (Don'ts)

- Don't try to diagnose, counsel, or "fix" the crisis yourself.
- Don't promise secrecy regarding threats or abuse.
- Don't argue, minimize, or threaten ("Calm down or else!").
- Don't use force unless necessary for immediate safety.

Who to Call & What to Report

- Know your school's crisis response team and contacts.
- Report immediately if danger to self or others is suspected.
- Use EAP, counseling, or wellness resources when needed.
- Take time to decompress (sleep, breathing, brief walk, etc.).

After the Crisis: Self-Care for Staff

- Acknowledge your feelings—it's normal to feel shaken.
- Talk to a supervisor or colleague for debriefing.
- Use EAP, counseling, or wellness resources when needed.
- Take time to decompress (sleep, breathing, brief walk, etc.).

988 SUICIDE & CRISIS LIFELINE

Call, text, or chat 988 or 1-800-988-9888 with someone who can help!

WHAT ARE ACES?

Adverse Childhood Experiences (ACEs) are stressful or traumatic things that can happen to kids before their turn 18. Examples include:

- Physical, emotional, or sexual abuse
- Emotional or physical neglect
- Parental divorce or marital/relationship problems
- Parental mental illness, substance abuse, or incarceration
- Parental remarriage or a family member going to jail

Why Do ACES Matter in Education?

ACEs can have big impacts on a child's behavior, learning, brain, and their emotional health. The more ACEs a child has, the higher the chance they will struggle in school and later in life.

How Do ACES Affect Students?

Behavior:

- More likely to act out, become aggressive, or break rules.
- May withdraw or stop participating.
- Might be disruptive, late, or have trouble concentrating behavior.

Learning:

- Trouble paying attention or staying focused
- Lower grades or problems with schoolwork
- More absences and a higher risk of dropping out
- May have difficulty with organization and prioritizing

Emotional Wellbeing:

- Higher risk of anxiety, depression, or big mood swings
- May have low self-esteem or seem unconfident
- Problems trusting adults or getting along with others
- May have trouble controlling strong feelings

988 SUICIDE & CRISIS LIFELINE

Call, text, or chat 988 or 1-800-988-9888 with someone who can help!

Scan To Explore Georgia Resources

Looking for GA-specific resources? Scan the QR codes below to get connected.

- Find Help Georgia: A free online resource to connect families with local support for child care, mental health, parenting, housing, and more. Call 1-800-242-6373 or speak with a specialist 8 AM-8 PM.
- Find a Behavioral Health Provider in Georgia: A free online facility search database to access providers and services within the GA Department of Behavioral Health & Developmental Disabilities.
- Call 2-1-1 Georgia: 211 Georgia is a free, confidential helpline that connects you to essential community resources 24/7. Call or chat.
- 9-8-8 Suicide & Crisis Lifeline: Call 1-800-988-9888 for free, confidential 24-hour support for mental health, crisis, and substance use.

Connect With Us
www.silencetheshame.com | @silencetheshame

YOUTH RESOURCES

Featured: School posters, workshop handouts, and rack cards to support leadership and healthy coping skills.

Vibe Checks: Exploring Sound Therapy

Sound therapy is a cool way to relax, reduce stress, and help you feel calm and happy. It uses sound waves to create vibrations that can help you feel better. You can use sound therapy in many ways, like listening to music, using a singing bowl, or using a sound machine.

Did You Know? Sound therapy can help you feel calm and happy. It uses sound waves to create vibrations that can help you feel better.

How to Practice Sound Therapy: Find the Vibe. Sound therapy can help you feel calm and happy. It uses sound waves to create vibrations that can help you feel better.

Connect with Us: Visit our website for more information on sound therapy.

All About You: A Self-Love Journey

Self-love is a journey that starts with you. It's about taking care of yourself and feeling good about who you are. You can practice self-love in many ways, like taking time for yourself, being kind to yourself, and setting boundaries.

Did You Know? Self-love is a journey that starts with you. It's about taking care of yourself and feeling good about who you are.

How to Practice Self-Love: Take time for yourself. Be kind to yourself. Set boundaries.

Connect with Us: Visit our website for more information on self-love.

Discovering Self-Care Through Creative Art

Creative art is a fun and relaxing way to express your feelings. It can help you feel better and more confident. You can use many different materials to create art, like paint, clay, and paper.

Did You Know? Creative art is a fun and relaxing way to express your feelings. It can help you feel better and more confident.

How to Practice Creative Art: Choose a material. Express your feelings. Show your art to someone you care about.

Connect with Us: Visit our website for more information on creative art.

Flow & Grow: A Quick Guide to Yoga

Yoga is a great way to strengthen your body, improve flexibility, and find balance in your mind and life. It combines physical postures, breathing exercises, and meditation.

Did You Know? Yoga is a great way to strengthen your body, improve flexibility, and find balance in your mind and life.

How to Practice Yoga: Start slow. Breathe. Focus on your breath.

Connect with Us: Visit our website for more information on yoga.

YOU MATTER

CALL | TEXT | CHAT 988 SUICIDE & CRISIS LIFELINE

If you, or someone you know, is struggling with their mental health, call, text, or chat 988-8 to connect with someone who can help!

IT'S OKAY TO ASK FOR HELP

Hey, I really don't know if I should be doing this but I'm really struggling...

Hey, I did the right thing by saying no. I'm here for you, and we can talk more about what you're struggling with.

Hey, said. So this is what's been going on...

Call | Text | Chat

9-8-8

If you, or someone you know, is struggling with their mental health, call, text, or chat 988-8 to connect with someone who can help!

TO LEARN MORE ABOUT MENTAL HEALTH AND WELL-BEING, VISIT WWW.SILENCETHESHAME.COM

6 TIPS FOR CREATING SOCIAL MEDIA CAMPAIGNS

Plan it. Post it. Change it. Quick tips for a standout social media campaign.

- 1 DEFINE YOUR CAMPAIGN: Your campaign is a short, focused effort to inform people about an issue and inspire them to come or act using simple messages and tools like social posts, videos, and posters.
- 2 IDENTIFY YOUR AUDIENCE: Who are you trying to reach? Who do you want to reach? Who is your audience? Why is this audience important for your campaign?
- 3 CRAFT YOUR MESSAGE: What key message do you want people to walk away with? What is your call to action? How can you make your message clear, visible, and powerful?
- 4 CHOOSE YOUR METHOD: How will you share your campaign? Will you use social media, posters, flyers, or other methods? What tools will you use to create your campaign?
- 5 PLAN YOUR TIMELINE: How long will your campaign run? What are your key dates and milestones? How will you track your progress and adjust your campaign as needed?
- 6 DECIDE YOUR TEAM APPROACH: Who will be part of your campaign? What roles will they play? How will you coordinate and communicate with your team?

TO LEARN MORE ABOUT MENTAL HEALTH AND WELL-BEING, VISIT WWW.SILENCETHESHAME.COM



PROGRAM PARTNERSHIPS

Additionally, we partnered with the following local organizations to offer resources to youth and families:

- Agape Afterschool Program
- A Time to Create, LLC
- Atlanta Glow
- Boys and Girls Club, Lawrenceville
- Delta Community Credit Union
- Eat Plants and Prosper
- Flourishing Minds LLC
- Fusion Academy
- Future Seekers
- GKS Photography
- Hopebound
- Hope Heritage (Tamiko Hope)
- Lotus Performing Arts
- Mays High School
- Moving in the spirit
- NAMI Gwinnett
- S. Fahie Consulting Services
- Shiloh High School
- S.P.E.A.K LLC
- Spellz Production, LLC
- We are Glover
- YELLS, Marietta



THANK YOU TO OUR FUNDERS

STAY CONNECTED



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-  [Silence The Shame TV](https://www.youtube.com/SilenceTheShameTV)
-  [Silence the Shame, Inc](https://www.linkedin.com/SilenceTheShame,Inc)
-  Text STSCares to 707070 or click [HERE](#)
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