



INTERPROFESSIONAL COMMUNITY HEALTH CLINIC

OCTOBER NEWSLETTER



THIS MONTH

Mental
Illness
Awareness
Week
Oct. 3-10

Facts about Mental Illness

1 in 5 U.S. adults experience
mental illness each year

1 in 20 U.S. adults experience
serious mental illness each year

1 in 6 U.S. youth aged 6-17
experience a mental health
disorder each year

Mental illness affects:

- 44% of LGB adults
- 32% Mixed/Multiracial adults
- 22% of White adults
- 19% of American Indian or Alaska Native
- 18% of Latinx adults
- 17% of Native Hawaiian or Other Pacific Islander adults
- 17% of Black adults
- 14% of Asian adults

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Things you can do for Mental Health Awareness Week

Participate in the following events

- Tuesday Oct. 5: National Day of Prayer for Mental Illness Recovery and Understanding
- Thursday Oct. 7: National Depression Screening Day
- Saturday Oct. 9: NAMIWalks United Day of Hope
- Sunday Oct. 10: World Mental Health Day

Share your story and Mental Health facts!

Help spread awareness of Mental Illness by sharing your story and using the hashtag #Together4MH

You can also help spread the word about mental illness by sharing the facts on social media

See National Alliance on Mental Illness for more details

Visit

<https://www.nami.org/home>
for more details about
Mental Health and Illness

University of Memphis Mental Health Resources

The SMART Center "warm line"

901.678.1636

UofM Student Counseling Center

901.678.2068

Alliance Healthcare Services

901.369.1410

24-hour Crisis Services Continuum hotline

901-577-9400.

Non-Emergency
Services



Emergency
Services



WHAT'S GOING ON AT THE ICHC?

Men Healing Men and Communities Network

The Men Healing Men and Communities Network (MHMCN) is committed to healing and empowering our youth, families, and communities. MHMCN is designed to build and empower healthy communities, prevent violence, and reduce and ultimately eliminate trauma among our youth, families and communities

MHMCN seeks to increase the trauma informed knowledge and skills of African American men through training curriculum focused on:

- Trauma across individual, youth, family and community levels.
- Need for support to address compassion fatigue (burnout and secondary trauma).
- Need for peer training and support from fellow professionals and community volunteers.
- Additional knowledge of human development.
- Request for new knowledge, skills, and tools to identify, measure and address trauma.

MHMCN Objectives

1. Promote and provide Community-based Wellness Informed, Culturally Appropriate Responses to Trauma through leveraging resources for direct contact with individuals, families, and organizations.
2. Conduct culturally appropriate psycho-social-emotional support activities for African American male community leaders, servants and healers.
3. Challenge African American male community leaders, servants and healers to work together to address, through intervention and prevention, the violence and trauma that plague our communities.
4. Provide training, technical assistance, support, policy and program development and implementation, linkages and coordination of resources, assets, and services.
5. Utilize evidence-based, strengths, and asset-based models to heal and empower our youth, families, and communities.



Contact

**cpetrsn2@memphis.edu for
more details and to
learn how to get
involved**

MISSION

We are African American Men committed to healing and empowering our youth, families, and communities. We work together to build and empower healthy communities, prevent violence, and to reduce and ultimately eliminate trauma among our youth, families, and communities.

VISION

We understand that violence and trauma are chronic conditions that can be successfully prevented and treated. Our vision is healthy communities--thriving, safe, and secure.