

# TOOLKIT RESOURCES



THE CONFESS PROJECT  
of AMERICA

# WELCOME TO OUR COMPANY



The Confess Project of America is the national organization supporting local chapters that train barbers and stylists to become mental health advocates, with the mission to build awareness and break stigmas around mental health within the Black community.

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# COMPANY

# BACKGROUND

THE CONFESS PROJECT  
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The Confess Project began in 2016 because we recognized a need to equip marginalized Black men and boys with mental health strategies and coping skills to help them move past their pain. In the African American community alone, suicide is the third leading cause of death. We exist to help change that. Our vision is a world without stigma and shame.

Founder Lorenzo Lewis' first talk was at a historically African American church in Little Rock, Arkansas. Since then, he's traveled all over the country to speak at universities, K-12 schools, and conferences to encourage men to be their best. Drawing from stories in his book *Jumping Over Life's Hurdles and Staying in the Race*, Lorenzo shares his own journey to wellness as a way to inspire hope—from narrowly escaping the school-to-prison pipeline to behavioral health professional.





# OUR 4-TIER MODEL

## ACCESS

Creating linkages for services, while being a Segway to public and private treatment providers. We see access as a multi-faceted approach which enables our team to equip educators, professionals and community organizations with culturally relevant strategies and techniques to better serve Black boys, men, and their families in everyday environments. By providing robust access we increase the life expectancy for Black Men and shift the life span trajectory for young men to live a better life, school and career outcome.

## ADVOCACY

We utilizes a specific grassroots organizing approach that is linked to direct action, it is aimed to equip everyday people with inspiration and hope to reveal their stories of resilience and traumatic experiences to be the change and voice of their local communities. We are organizing local leaders, educators, policy makers, local heroes, music artists, parents, business owners and senior pastors to be a part of our strategic goals and mission. In addition we are immersing individuals with a voice to shape public policy, public opinion and eliminate mental health stigma.

## RESEARCH

Cutting-edge research is embraced by patients, advocacy and society for many indications including cancer, diabetes, heart disease, ALS and many rare diseases. What about mental health? We will be a part of research that targets public health disparities and mental health studies for marginal communities, Stigma is curable; we will find solutions to better assist Black boys and men in their mental wellness journey.

## INNOVATION

We will increase programming opportunities that will engage with Digital Media Space and Technology while including several of online platforms that can better assist the emotional health for Black boys, men, and their families.

# MENTAL HEALTH TOOLKIT

The Mental Health Toolkit for Black Youth serves as a beacon of hope, aiming to bridge the gap in mental health resources and support for this vulnerable population. By acknowledging the struggles, celebrating identity, and providing practical tools for resilience, this toolkit empowers young individuals to navigate their mental health journeys with confidence and strength. It is our collective responsibility to ensure that Black youth have access to the resources they need to thrive mentally, emotionally, and spiritually. With this toolkit, we can empower Black youth to face adversity, embrace their strengths, and shape a brighter future for themselves and their communities.





# MENTAL HEALTH RESOURCE

Mental health resources refer to a wide **S**range of tools, services, and supports that are designed to promote and improve mental well-being. These resources aim to provide individuals with the knowledge, skills, and assistance they need to address and manage their mental health concerns effectively. Mental health resources can be accessed through various channels, including healthcare providers, community organizations, online platforms, and educational institutions.

1

Want to access your mental health state? [Click here](#) to access a pool of assessment tools and start using an appropriate one for you.

2

Are you struggling with stress/anxiety/depression? [Click here](#) to start a conversation about mental health.

3

Your mind and body are deeply interconnected! [Click here](#) to learn about why you should talk to your doctor about your mental health.

4

Need help managing stress? [Click here](#) for some questions that might help you get started thinking about how to handle stress.

It is important to note that mental health resources can vary based on location, culture, and individual needs. It is recommended to seek professional advice or consult reliable sources to identify suitable mental health resources for specific situations.

# NATIONAL RESOURCES

The purpose of national resources for mental health is to ensure that individuals across the country have equitable access to comprehensive and quality mental health support and services. By providing national resources, governments and organizations can promote mental well-being, reduce stigma, and facilitate early intervention and treatment for mental health disorders. These resources encompass a range of initiatives, including helplines, online platforms, community mental health centers, public awareness campaigns, and funding for research and program development. National resources for mental health ultimately strive to foster a mentally healthy nation that values and prioritizes the well-being of its citizens.

## ● National Suicide and Crisis Lifetime

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

## ● Crisis Text Line

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

## ● Substance Abuse and Mental Health

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.





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# 4 STEPS FOR YOUTH



## **Cultivate Cultural Connections:**

Engage in activities that celebrate and connect you with your culture, heritage, and community. This can include exploring African-American literature, music, art, and history. Attending cultural events, participating in community organizations, and connecting with mentors who share similar experiences can foster a sense of belonging and pride.



## **Engage in Creative Expression:**

Creative expression can be a powerful form of self-care. You can explore various art forms such as painting, drawing, writing, dancing, or playing a musical instrument. Creating art can serve as a therapeutic outlet, allowing them to express emotions, tell their stories, and explore their identities in a safe and empowering way.



## **Practice Mindfulness and Self-Reflection:**

Mindfulness activities promote relaxation, self-awareness, and stress reduction. You can engage in mindfulness exercises such as deep breathing, meditation, or yoga. Taking time for self-reflection through journaling or practicing gratitude can also enhance emotional well-being and help manage daily stressors.



## **Build Supportive Relationships:**

Nurturing positive relationships is crucial for self-care. You can seek out and cultivate connections with individuals who provide support, understanding, and encouragement. This can include family members, trusted friends, mentors, or joining support groups specific to their experiences. Engaging in open and honest conversations about mental health and well-being can foster a sense of community and reduce feelings of isolation.

# OUR INFO



M, E, N, T, A, L,  
H, E, A, L, T, H,  
M, A, T, T, E, R, S,



## CONTACT US



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