



*"America's First Mental Health Barbershop Movement"*

## ABOUT THE CONFESS PROJECT

The Confess Project has the first and largest organization committed to building a culture of mental health for Black boys, men, and their families. How? We focus on empowering frontline heroes and heroes in Communities across America. More specifically, we train barbers to be mental health advocates.



Phone: (800) 804-4057 Media Inquiries: [Media@theconfessproject.com](mailto:Media@theconfessproject.com)

**46+**

CITIES ACROSS  
THE U.S.

**1,300+**

BARBERS TRAINED TO BE  
MENTAL HEALTH ADVOCATES

**1 Mil+**

PEOPLE  
REACHED

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.

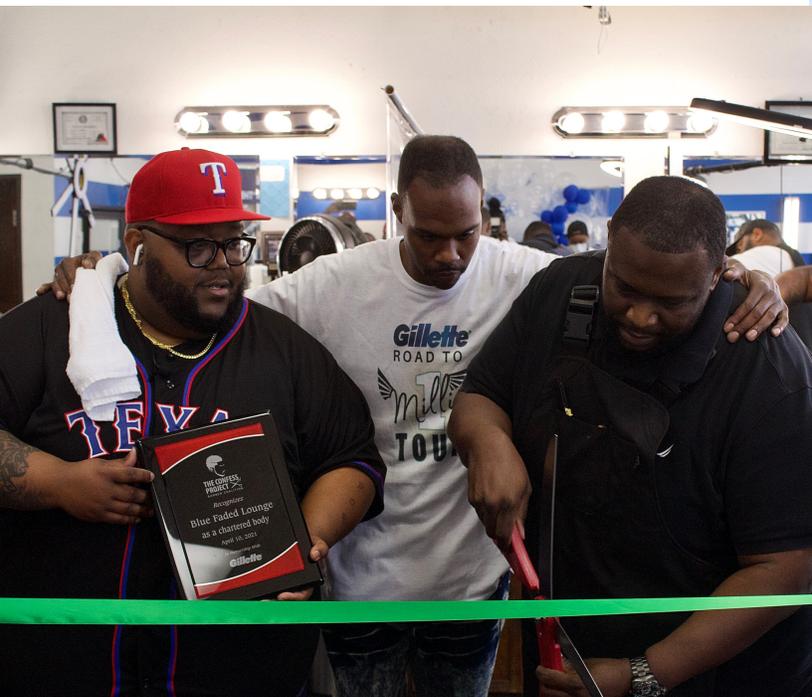
Our team of public health experts, therapists, and education professionals is continually innovating our programs to respond to community needs. Through our Beyond the Shop program, we train barbers to become mental health advocates around the country. We also work with city governments, universities, and organizations to highlight how mental health intersects with police brutality, LGBTQ+ issues, gender inequality, and more.



# THE CONFESS PROJECT BARBER COALITION

The Confess Project offers in-person and virtual training with barbers to become Mental Health Advocates in minority communities at no cost to them.

Additionally, our barbers gain access to an exclusive national network of barbers, with PR, media, and travel opportunities. Currently, we have trained over 1,300 barbers in over 45 cities.



We won't stop advancing our mission until we see the life expectancy for Black boys and men increase. Your struggles don't need to be kept a secret anymore. Want to win at life? Let's talk.

For more details visit:  
[www.TheConfessProject.com](http://www.TheConfessProject.com)

*Click to view articles and videos*

THE WALL STREET JOURNAL.  
**WSJ**

THE **KELLY CLARKSON SHOW**

abc **GOOD MORNING AMERICA**

**MSNBC**

**CBS** **CNN**

**IN THE KNOW.**  
by yahoo!