



8/11/21

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FOR IMMEDIATE RELEASE
Mental Wellness Speed Dating Coming to 'The Burgh'

Looking for a therapist? Coach? Spiritual Advisor? Birth Worker? The Wellness Collective is hosting the first **Mental Wellness Speed Dating for Black Families Event on Tuesday, August 24, 2021 from 5:00pm to 8:00pm.** It is free to the public and should a participant match with a practitioner, thanks to the POISE Foundation, financial support is available upon request.

It's well known that the pandemic has been extremely tough on everyone's mental health and well being. For Black folks, we have the pandemic coupled with systemic and racial injustice, scarce resources, and subpar recreational and educational outlets [for our children]. Our mental health has been severely strained, even more so than it already was prior to this global crisis.

As we become more comfortable and familiar with mental health services, more and more Black families are wanting and seeking out support. However, many of us do not know where to look or even what we are looking for. The process can be downright terrifying and one bad experience can lead to never seeking support again due to the arduousness and sometimes harmfulness of the process.

TWC CEO, Christian, came up with an idea some years ago while discussing the process of seeking and receiving mental health services. 'I wish there was like a mental health speed dating event so that you can get a feel for the right practitioner without having to go through the physical, financial, and emotional labor just to get to that point' he said. This genius idea is finally coming to fruition.

This event on August 24th is just the first in a movement series. The inaugural event is specifically focused on Black individuals and families. However, MWSD events open to all will soon be announced.