

**Vibrant Emotional Health's 27<sup>th</sup> Annual Gala  
Raises Over \$600,000 To Transform Emotional Health Of Those In Need**

*Hosted by Dr. Jennifer Ashton  
With Special Musical Performance by Gloria Reuben*

**New York, NY, May 21, 2019** — Vibrant Emotional Health hosted their 27<sup>th</sup> Annual Gala, last night – Share. Connect. Heal. – which raised over \$600,000 in support of its efforts to promote mental and emotional well-being for all. The evening honored ABC's "A Million Little Things," represented by cast members **James Roday** and **Stephanie Szostak**, for its powerful portrayal of a group of friends who support one another and find healing after one of their close friends dies of suicide. Creator **DJ Nash** sent a video to accept the honor on behalf of the show. **Charles P. Fitzgerald**, Founder and Senior Partner of V3 Capital Management, L.P., was also honored for his dedicated service and generous philanthropy to Vibrant and the mental health community.

Hosted by **Dr. Jennifer Ashton**, ABC News Chief Medical Correspondent and Author of *Life After Suicide*, the evening featured a live auction as well as a heartfelt performance by **Gloria Reuben**. Other special guests included **Dana Ashbrook** and "The Bold Type" cast members **Alexis Floyd** and **Luca James Lee**.

Reflecting on the shift in cultural awareness of mental health challenges brought on by figures like the evening's honorees, Vibrant President and CEO Kimberly Williams said: "When people who are suffering see examples of people getting well, they see the possibility that they too can get better. We are seeing the isolating wall of stigma begin to come down, one brick at a time."

The event concluded with a powerful request from Dr. Jennifer Ashton: "Research shows us that if someone who's wrestling with depression or suicidal thoughts shares their experience and connects with others, then they have the capacity to heal. So, tonight, I ask you to think about a person in your life who may be struggling -- a loved one, a colleague, or a friend. Reach out to them. Share your story, or share one of someone close to you who has struggled with depression, anxiety or suicidal thoughts. You'll help that person start their journey toward emotional wellness."

Dinner Chairs for the Vibrant Emotional Health gala included Jennifer Ashley, Chief People Officer, iCapital Network; Kevin J. Danehy, Global Head of Corporate Development, Brookfield; and Cynthia Zirinsky, Emeritus Director, Vibrant Emotional Health.

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**For images and video from the event, please contact Shawn Purdy of SLATE PR: 212.235.6813, [shawn@slate-pr.com](mailto:shawn@slate-pr.com)**

**About Vibrant Emotional Health:** For 50 years, Vibrant Emotional Health has been at the forefront of promoting emotional well-being for all people. Vibrant works with individuals and families to help

them achieve mental and emotional wellbeing. Vibrant administers the National Suicide Prevention Lifeline, NYC Well and other crisis intervention services across the country.