

Vibrant's March Round-Up: Groundbreaking Programming, Community Resiliency, and Remarkable Women

Vibrant Emotional Health <development@vibrant.org>

Fri 3/22/2024 9:04 AM

To: Mazzy Leinbach <MLEinbach@vibrant.org>

V!brant Together

Stories of inspiration, innovation and insight.



As we celebrate **Women's History Month**, we honor women's social, economic, cultural, and political achievements, as well as recognize how gender inequality still exists today.

Inequality across the world has been associated with a higher risk of mental health problems. All women and feminine people deserve to live free from stereotypes, judgments, biases, systemic discrimination, and violence. Vibrant is committed to amplifying women's voices and changing the narrative to create a safer and more equitable world, including ensuring everyone has access to the care that they need and deserve.

Thank you to all of the extraordinary women who support Vibrant. Your support enables millions of people across the nation to access crucial care when, where, and how they need it.

Marching into the Future:

[Vibrant and United Federation of Teachers Launch Groundbreaking Support Line for Educators in NYC](#)

[Vibrant Voices: Why Dr. Florida Starks is Amplifying Mental Health Awareness](#)

[Crisis Emotional Care Team Receives Grant to Support Community Resiliency and Disaster Relief](#)

[Dr. Tia Dole Discusses The Journey to 988 on Strong Talk Podcast](#)

[A New, Free Resource for You](#)

[Share Your Story with Us!](#)

[Vibrant in the News](#)

Vibrant and United Federation of Teachers Launch Groundbreaking Support Line for Educators in NYC



Vibrant Emotional Health has partnered with the United Federation of Teachers to launch a groundbreaking mental health helpline for nearly 200,000 educators in New York City! This transformative helpline for emotional wellness, 1-866-UFT-FOR-U, provides immediate crisis intervention, mental health resources, and emotional support services to support union members' well-being. The helpline launched on March 12th and is available to New York City non-supervisor educators and school workers including teachers, classroom aides, school administrative workers, counselors, and nurses through call, text, and chat. Vibrant will continue to roll out additional features for this vital community. Because of your generous support, together, we will support the mental and emotional needs of NYC educators, allowing them to best serve more than 900,000 public school students every day. Thank you, teachers and staff!

“UFT members are under stress like never before... The partnership between UFT and Vibrant creates more opportunities and a new way to provide vital support

whenever a member is in need,” said Michael Mulgrew, President of the United Federation of Teachers

Learn More

Vibrant Voices: Why Dr. Florida Starks is Amplifying Mental Health Awareness

Dr. Florida E. Starks, a certified Diversity, Equity, & Inclusion leader, has amassed over 20 years of experience in human resources leadership, including holding roles at Pearson, Best Buy, and Verizon Communications. The proud mother of two adult sons seemed to have it all. Yet, even with immense professional and personal success, she found daily tasks daunting. It was only through professional help that she gained the tools that enabled her to get better.

Many years ago, I was diagnosed with depression. My ability to cope with work, parenting, managing household finances, and other responsibilities was extraordinarily challenging. Coupled with a thyroid disorder, I could not pull myself together.

The good news is I didn't have to 'pull it together' alone.

Dr. Starks became a vocal advocate for emotional well-being because of her own experiences and a deep awareness of mental health issues, particularly within the Black community. Her dedication to breaking the silence and stigma surrounding mental health led her to join Vibrant Emotional Health’s Board of Directors. **Vibrant is proud to convene individuals like Dr. Starks, who exhibit professional and personal commitment to breaking stigma and elevating mental health awareness.** Her guidance ensures we as an organization promote emotional health equity and make support accessible to all individuals, regardless of background or circumstances.

We thank Dr. Florida Starks and the many incredible women who support Vibrant!

Crisis Emotional Care Team Receives Grant to Support Community Resiliency and Disaster Relief



Our Crisis Emotional Care Team (CECT) has secured a \$225,000 grant from the Elevance Health Foundation. This significant grant is a testament to the unwavering dedication of our CECT members in bolstering community resilience and offering essential disaster relief aid. CECT stands at the forefront of disaster recovery mental health efforts, offering timely and compassionate support to individuals and communities navigating the aftermath of natural or human-caused disasters. **With this grant, we are empowered to continue providing crucial care to those in acute distress and throughout their journey of recovery.**

[Learn More](#)

[Dr. Tia Dole Discusses The Journey to 988 on Strong Talk Podcast](#)



Dr. Tia Dole, Chief 988 Suicide and Crisis Lifeline Officer, discussed her role, successes, and challenges when it comes to the 988 Suicide and Crisis Lifeline in a recent episode of Strong Talk! Strong Talk is a podcast dedicated to discussing equity, diversity, and family as it relates to mental health and addiction. Tune in to gain invaluable insights from Dr. Dole and discover how 988 could make a lifesaving difference for someone you hold dear.

Watch or Listen

[A New, Free Resource for You](#)



Building a society where emotional wellness is a reality for everyone starts with caring for ourselves. As a gesture of appreciation for your support, we are sharing a resource with our

Vibrant Community to care for ourselves, our families, and those we love.

Vibrant has partnered with FreeWill to provide a free [online tool](#) to write your will or living trust at no personal cost. In 20 minutes you'll have more peace of mind.

Creating your will can:

- Ensure the safety and well-being of the people and pets you hold close to your heart
- Make decisions about your assets, be it the car that you've taken countless road trips or a cherished family heirloom
- Allow you to create a legacy with Vibrant—without costing a dime today!

Our aim in sharing this tool is to provide you with resources that secure a future of intention and mindfulness for yourself and your loved ones, as you have done for many in our community. If you have any questions, please contact development@vibrant.org.

[Create your free will](#)

 [Share Your Story with Us!](#) 

Has Vibrant Emotional Health made a positive impact on your life? We want to hear from you!

Whether it's a moment of clarity from a counseling session, a meaningful phone conversation during a crisis, or a supportive community that lifted you up during tough times, your experiences matter and have the power to inspire others who may be facing similar challenges.

By sharing your journey, together we can spread hope, resilience, and healing to individuals across the country.

Send us your story today and let your voice be heard. Thank you for being a part of the Vibrant community.

[Share Your Story](#)

[Vibrant in the News](#)

[State adds peer support option to 988 Suicide and Crisis Lifeline](#)

WFDD

[988 mental health hotline calls doubled this year in West Virginia](#)

WTRF

[The Other End of the Line: Crisis Line Workers Meet Struggle with Empathy](#)

University of Montana

[FULL VIDEO: Mayor Leirion Gaylor Baird announces new 911/988 partnership](#)

1011Now

[988 now preferred hotline for those who continue to struggle with rally shooting](#)

KCTV 5

[Vibrant Emotional Health unveils National Headquarters in Lower Manhattan](#)

The Villager



Let's get social!



Vibrant
Emotional Health

Did you know Vibrant has earned the 2024 Gold Seal of Transparency on GuideStar? Check out our nonprofit profile by clicking on the seal below.



Copyright © 2024 Vibrant Emotional Health, All rights reserved.
You are receiving this email because you opted in via our website.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.

Our mailing address is:
Vibrant Emotional Health
80 Pine Street, 19th Floor
New York, NY 10005

Add us to your address book