



MENTAL HEALTH MATTERS!

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, relate to others, and make choices. Mental health is just as important as physical health throughout our lives.

Mental health issues are common; more than 1-in-5 adults in the US live with a mental illness.



Mental health equity is the state in which everyone has a fair and just opportunity to reach their highest level of mental health and emotional well-being.

Obstacles to Mental Health for Racial and Ethnic Minority Groups

Therapy can play an important role in supporting mental health.

Many people from racial and ethnic minority groups have difficulty getting mental health care. This can be due to many different reasons, such as cost or not having adequate health insurance coverage. It may also be challenging to find providers from one’s racial or ethnic group.

Stigma or negative ideas about mental health care may also prevent people from seeking services.

Other things in our environment can impact mental health and emotional well-being. For example, experiencing or witnessing racial discrimination or racial violence can cause stress and racial trauma.

Poverty (or having low income) may limit access to mental health care. Poverty can also cause stress and may lead to mental health issues.

Source: CDC

PROJECT NAF COMMUNITY ADVISORY BOARD

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ECHO (Enhancing Collaborative Health Options & Opportunities)

Juneteenth Freedom Day in the Park



Honoring the vibrant spirit of our community on Saturday, June 17, 2023 in Pack Square Park in Downtown Asheville.



Happy Birthday to Dr. John H. Grant (July 7)



Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.



Belinda K. Grant, Chief Executive Director of Mount Zion Community Development, Inc.

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Staff

- Barbara Anderson: Office Support/Community Connector
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- Kontia Grant: Nurse Family Practitioner
- Anita Love: Outreach Worker
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- For general information, please contact Ms. Rosa B. Hearst, Receptionist: (828) 252-0515

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PROJECT EMPOWER EDUCATION MEANS POWER

In collaboration with community partners including The Partnership for Substance Free Youth in Buncombe County.

Our programming is made possible through the support of our generous funders.



Mt. Zion Missionary Baptist Church of Asheville, Inc.



First Presbyterian Church Asheville