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FOR IMMEDIATE RELEASE

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Black Men's Health Clinic - BMHC Mental Health Fair

An Invitation from the Black Men's Health Clinic and Community Partners

AUSTIN (Austin-Metropolitan Area) –

The Black Men's Health Clinic (BMHC) invites the community to attend the “BMHC Mental Health Fair” - Words Spoken. Yet Unheard.

Mental health is for everyone. At some point in our lives we, or someone in our lives, are affected by life stressors and/or by physiological factors that can wear on our mental vitality. It is beneficial to everyone to be proactive about mental health so that we are prepared in a time of crisis.

On Saturday, November 18, 2023, the Black Men's Health Clinic will provide an opportunity for attendees to obtain information to help with mental health readiness at the BMHC Mental Health Fair. The event will be held from 10:00 a.m. to 2:00 p.m. at BMHC, located at 6633 Highway 290 East, Suite 100, in Austin.

Come out to hear from compelling speakers, get information, visit breakout rooms, and have snacks at the Fair. The event commences with encouraging and insightful messages from BMHC Director of Care Coordination and Health Navigation, Dominique Street, and behavioral counselors, Dr. Calvin Kelly and Dr. Lea Clark.

The Black Men's Health Clinic is dedicated to battling the stigmas of mental health and helping our clients proactively navigate towards help, hope, and recovery. We are implementing changes to address these needs. We recently acquired a mental health provider from Austin Travis County Integral Care (ATCIC) who will see clients who need these services. We also have access to resources that can help combat the thoughts, emotions, and physiological conditions that can shake our well-being. We have several ways for you to connect with solutions for yourself, a friend, or a loved one.

Come on out and take a step towards better health!

About the Black Men's Health Clinic: BMHC exists to lower barriers for successful healthcare by removing burdens men of color commonly experience such as scheduling, finances, and coordination between providers. The name Black Men's Health Clinic was chosen to deliberately reveal the apparent inequities black men experience and "it" represents our unwavering commitment to addressing them.

BMHC is here to ensure the longevity and quality of life for all men of color by elevating them to a priority and providing resources designed to best aid them. This first-of-its-kind health clinic addresses the long-standing care gaps for men of color.

The Black Men's Health Clinic ~ Care You Can Trust

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