

## Social Media Post

World Mental Health Day was October 10, 2019. It was a day for global mental health education, awareness and advocacy against social stigma. It's important to remember that mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background.

The Second General Meeting of Black Student Union on Monday, Nov. 4 will primarily focus on mental health. It's important for us as an organization to have an open, honest discussion about mental health. There's a stigma of having mental illness in the black community, and our goal for this meeting is for members and non-members to be unashamed and unapologetic for the way they think and feel.

The meeting will include a panel of two, African American women, Kimberly Crawford and Shaquoi Calhoun. They both currently work at the University Counseling Center.

BSU members and non-members are more than welcomed to come to this meeting about mental health awareness. As an organization, we want to give you the opportunity to free and heal your mind at the next general meeting.