



Linked in Friendship, Connected in Service
Southern Area

THE
Magical Impact
OF INTENTIONAL FRIENDSHIP & SERVICE

**48th SOUTHERN AREA
CONFERENCE**

JUNE 4 - 8, 2025 | BIRMINGHAM, AL

VANESSA FALLS
SOUTHERN AREA DIRECTOR

ETHEL ISAACS WILLIAMS, J.D.
NATIONAL PRESIDENT



SIS ARE YOU OK? :

Demystifying Mental Health and Self-Care

Presented by:
Southern Area Mental Health Initiative
Saturday, June 7, 2025





WORKSHOP AGENDA

- WELCOME
- REST & REFOCUS ACTIVITY
- OVERVIEW OF MENTAL WELLNESS
- INTRODUCTION OF EXPERT PANELISTS
- INTENTIONAL WELLNESS DISCUSSION
- DEEP BREATHING & GROUNDING ACTIVITY
- THE DOCTORS ARE IN: Q&A
- RESOURCES
- CLOSING REMARKS



REST & REFOCUS ACTIVITY

<https://youtu.be/V31PjztSOjY>

OVERVIEW OF MENTAL WELLNESS



INTRODUCTION OF PANELISTS



Dr. Melanie Gallo, PhD, NBC-HWC
Mental Health Coach
Founder, Your WorkLifeJoy™ Coach



Dr. Kamala Uzzell, PhD, LCMHC-S, LPC
Psychotherapist
Owner/CEO Solay Counseling



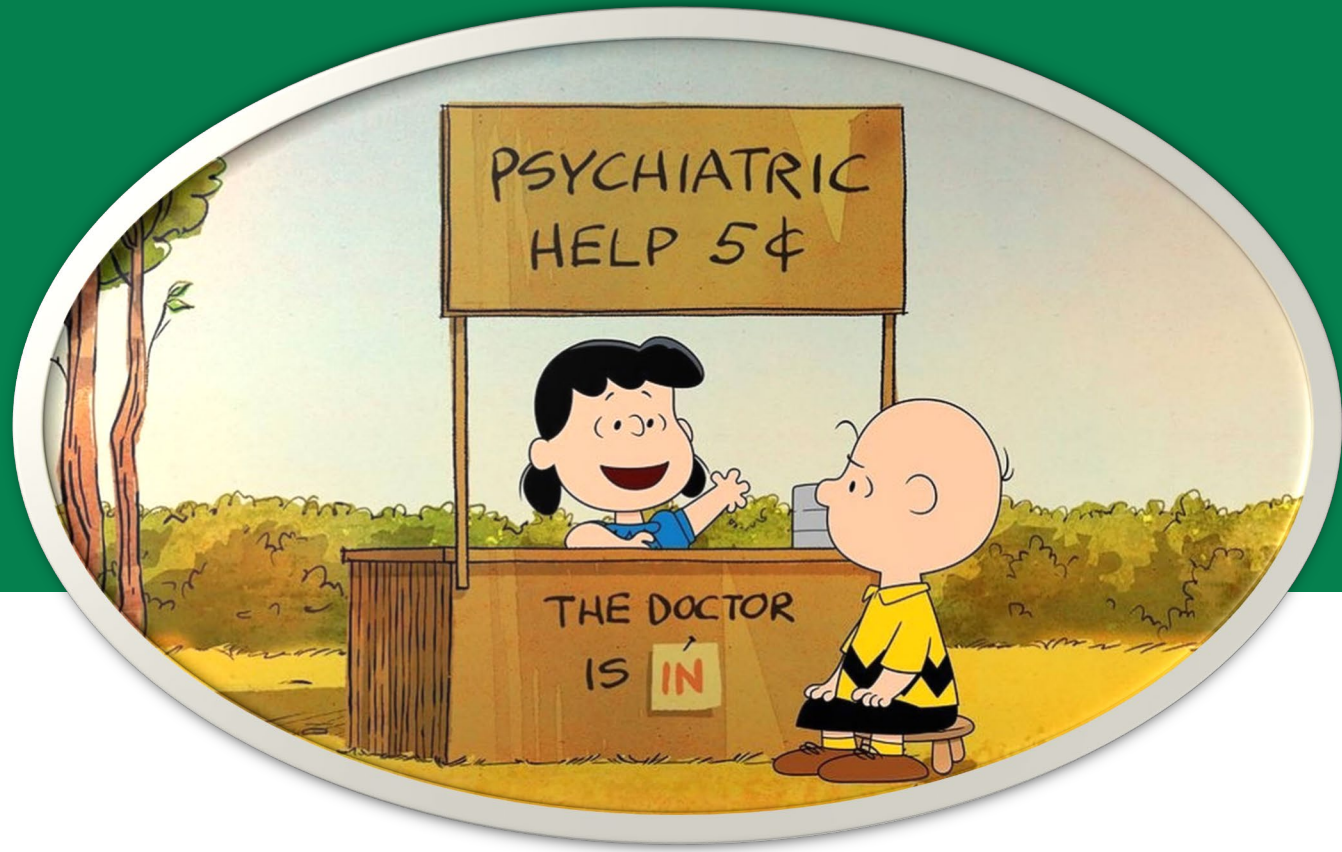
Dr. Tedra Anderson-Brown, MD
Psychiatrist, Moderator
Southern Area Mental Health Chair

INTENTIONAL WELLNESS DISCUSSION



DEEP BREATHING & GROUNDING ACTIVITY





THE DOCTORS ARE IN: Your Questions Answered

Q & A



CLOSING REMARKS

RESOURCES

National Suicide Prevention Lifeline/ Crisis Line: Call or Text - 988

Crisis Text Line: Text HOME to 741741

www.thehotline.org – National Domestic Violence Hotline

www.psychologytoday.com – Searchable list of licensed therapists in your geographical area

www.therapyforblackgirls.com – Searchable list of licensed therapists who focus on issues related to Black women

www.therapyforblackmen.org – Searchable list of licensed therapists who focus on issues related to Black men

www.melaninandmentalhealth.com – Mental health resources for people of color

www.samhsa.gov – Substance Abuse and Mental Health Services Administration (SAMHSA)



THANK YOU, MENTAL HEALTH AMBASSADORS!!

Aiken (SC)	Dade County (FL)	Monroe Grambling (LA)
Altamonte Springs (FL)	Dogwood City (GA)	Montgomery (AL)
Asheville (NC)	Durham (NC)	Natchez (MS)
Atlanta (GA)	Fort Valley (GA)	North Broward County (FL)
Augusta (GA)	Grandiflora (NC)	Pontchartrain (LA)
Azalea City (GA)	Greater Broward County (FL)	Raleigh (NC)
Baton Rouge (LA)	Greater Huntsville (AL)	Selma (AL)
Birmingham (AL)	Greater Mobile (AL)	Shreveport (LA)
Bold City (FL)	Greensboro (NC)	Spartanburg (SC)
Bradenton/Sarasota (FL)	Jackson (MS)	Tallahassee (FL)
Brevard County (FL)	La Capitale (LA)	Tampa (FL)
Buckhead/Cascade City (GA)	LaGrange (GA)	Treasure Coast (FL)
Carolina Pines (NC)	Lake Gaston Area (NC)	TriCounty (AL)
Charleston (SC)	Macon (GA)	Triangle Park (NC)
Charlotte (NC)	Magic City (AL)	Tuscaloosa (AL)
Columbia (SC)	Miami Biscayne Bay (FL)	West Georgia (GA)
Crescent City (LA)	Mississippi Delta (MS)	West Palm Beach (FL)
Crown Jewels (NC)	Mississippi Roses (MS)	



Thank You!

LET'S CONNECT

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