

You Good, Bro? A Discussion on Black Men and Mental Health



The Mecca of Black Wellness



Thank you for joining us for, "[You Good, Bro?](#)" a powerful and necessary conversation in the Brother to Brother series. Together, we created a space for honesty and healing that was centered on the mental health experiences of Black men. Your presence and participation made the dialogue richer and more impactful.

We hope that you walked away feeling seen, supported, and inspired to continue prioritizing your mental wellness. Let's keep the momentum going because healing doesn't end with one conversation, and we're committed to showing up for one another.

With gratitude,

Nicole, Dana, Jessica, and Danielle
Black Mental Wellness, Corp
[Event Replay-Youtube](#)

Contact information of Panelists

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Final Gems from Panelists:

- (1) Regularly check in with yourself. Generational healing starts with awareness. Reach out to your loved ones, especially the “strong” ones. They may be silently struggling.
- (2) Honor your emotions. Your feelings are valid, and your body speaks, listen to it. Seek therapy. Asking for help is a courageous act of strength, not weakness.
- (3) Give yourself grace. Life is a marathon, not a sprint. It’s okay to pause, to breathe, and to not be okay. Rest is part of the process.
- (4) Sharpen your mind and know yourself. Read, reflect, and grow. Identify your circle of trust and nurture your community. You were never meant to walk this journey alone.
- (5) Release the pressure to be perfect. Vulnerability is power. Mistakes are part of growth. Be kind to yourself, you are enough.

Resources Shared in the Chat

6th Annual Black Mental Wellness Conference **Reclaiming Our Power and Protecting Our Peace**

Date: October 24, 2025

Time: 9:00am/EST

Location: Silver Spring, Maryland

For more information and conference registration

Cultural Silence and Wounded Souls

<https://www.culturalsilencewoundedsouls.com>

Inspire Wellness Collective – A wellness practice offering therapy and holistic healing

<https://www.inspirewellnesscollectivellc.com>

inspirewellnesscollectivellc@gmail.com

John Henryism Article – Explains how overworking to overcome adversity can harm health **Harvard T.H. Chan School of Public Health**

<https://hsph.harvard.edu/news/the-downside-of-john-henryism/>

SHELL Video – A YouTube video exploring the SHELL model **(Sleep, Hydration, Exercise, Living Life, and Learning)**

<https://www.youtube.com/watch?v=qg3ymAD276s>

Well-Being at Mason – George Mason’s university-wide initiative to foster well-being:

<https://wellbeing.gmu.edu/about/well-being-at-mason/>

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App: Lovemore - LoveJoy Health Mental Health Apps

LoveJoy Health is a tech-enabled mental health platform making therapy, coaching, and peer support more accessible and affordable for underserved communities. Our app connects patients to licensed providers for virtual appointments, supportive communities, and wellness tools — all at \$0 cost for users.

Email: **Business@lovejoy.health**

App for Providers/Therapists

<https://apps.apple.com/us/app/lovejoy-providers-app/id6615077861>

App for Patients

<https://apps.apple.com/us/app/lovejoy-patient/id6535655626>

Book: The Unapologetic Guide to Black Mental Health – A practical, empowering guide by Dr. Rheeda Walker

<https://www.rheedawalkerphd.com/book>

Podcast: Black Men Vent Too

The FIRST & ONLY black father and son podcast in the state of Tennessee, where we discuss mental health and black men by way of storytelling, allowing men to come “vent” about whatever may be on their mind/chest to better them mentally

Instagram: [@blackmenvent2](#)

Facebook: [Black Men Vent Too](#)

LinkedIn: [Black Ment Vent Too](#)

Black Mental Wellness, Corp.

<https://www.blackmentalwellness.com/>

Black Mental Wellness, Corp., was founded by four licensed clinical psychologists who are passionate about addressing mental health and wellness concerns in the Black community. The mission of Black Mental Wellness is to provide access to evidenced-based information and resources about mental health and behavioral health topics from a Black perspective, to highlight and increase the diversity of mental health professionals, and to decrease the mental health stigma in the Black community.