We exist to empower and educate communities on mental health and wellness.

With your support, we can eliminate stigma, take time, save a life, and silence the shame.

Who We Are.

Silence the Shame, Inc. is a national non-profit organization dedicated to eliminating mental health stigma, reducing health disparities, and improving suicide rates among vulnerable populations, including people with high-stress jobs, Black, Indigenous, and People of Color (BIPOC), Lesbian, Gay, Bisexual, Transgender, and Queer or Questioning (LGBTQ+), children and their families, older adults and rural families.

We aim to normalize mental health through community conversations, compelling digital content, and culturally responsive programs. We work to peel back the layers of shame and promote mental wellness for healthier communities.

We are committed to building global programs to promote mental well-being using lived experiences, education, and strategic partnerships.

Connect With Us.

✉ info@silencetheshame.com

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in Silence The Shame, Inc.

▶ Silence The Shame TV

Silence the Shame

www.silencetheshame.com

In Crisis?
Text "SILENCE" to 741741 or call 988

WHAT WE DO.

Mental Wellness Programs

WORKPLACE MENTAL WELLNESS TRAINING PROGRAM

Job industry-specific mental health education seminars to understand mental health, recognize mental crisis signs and symptoms, access behavioral health resources, and promote healthy living in the community or workplace. Each seminar has unique learning objectives, interventions, and treatment resources.

CONVERSATIONS & CARE

Community engagement program hosting educational discussions and self-care activities to normalize mental health. Conversations provide expert education on mental health, trauma, suicide, and social determinants of health and the wellness activities focus on stress management strategies.

YOUTH MENTAL WELLNESS COMMUNITY OUTREACH & PRACTICE EFFORT (COPE) CLINIC

The COPE Clinic is an immersive experience of panel discussions, wellness workshops, experiential coping, and vocational activities for youth to understand mental health, recognize signs and symptoms of crisis, and practical coping skills for managing stress i.e., yoga, fitness, mindfulness painting and more.

SILENCE THE SHAME UNIVERSITY (STSU)

STSU is a mental health college ambassador program to connect students to behavioral health resources, promote social connectedness on campus and enhance mental health education for young adults.

COMMUNITY OUTREACH INITIATIVES

Black Children Mental Health Awareness Day May 1st

Awareness & education campaign for the growing risk factors that adversely impact the mental health of Black children and to support adequate funding for black researchers to improve health outcomes.

National Silence the Shame Day May 5th

Awareness & education campaign encourages people to increase behavioral health education and awareness and continue conversations about mental health, suicide prevention, and recovery.

Silence the Shame Sunday Dinners

Intimate conversations on relevant and complex topics through guided discussion to unpack experiences involving race, trauma, and mental illness and develop practical solutions to improve health outcomes in communities.

My Life is a Gift: Suicide Awareness Summit

A one-day series of panel discussions and workshops designed to connect with others interested in preventing suicide and explore experiences from a community, faith, and family perspective.

No Reservations Needed

A homeless outreach initiative to offer authentic holiday meals and wellness activities for unhoused individuals and families through community partnerships and volunteers.

Spread awareness in STS merch!
#silencetheshame

OUR IMPACT.

200+
COMMUNITY CONVERSATIONS

65,000+
SERVED ANNUALLY

200M+
ANNUAL SOCIAL MEDIA IMPRESSIONS

GET INVOLVED.

Become a Volunteer or Professional Partner

Text "SILENCE" to 707070

Monthly Newsletter & Podcast

Silence the Shame PODCAST SOUNDCLOUD Spotify Google Podcast Apple Podcasts