

Renewed Reflections



Welcome to the Premiere Issue!

We are thrilled to embark on this journey of sharing insights, stories, and updates that matter to our community. In each issue, you can expect thought-provoking content, noteworthy events, and valuable resources. Thank you for joining us on this exciting venture — let's explore, learn, and grow together!

Nurturing Minds & Supporting Hearts

by **Crystal Caldwell** on December 2023

In the journey of providing unwavering support to those navigating the complexities of mental health, your dedication shines brightly. As caregivers, your compassion and resilience make an indelible impact on the lives you touch.

Amidst the challenges, remember to prioritize your well-being too. Self-care is not a luxury but a necessity, and by nurturing your own mental health, you fortify your ability to uplift others.



This newsletter serves as a reminder that your role is invaluable, and the collective strength of caregivers contributes to a more compassionate and understanding world. Thank you for being the pillars of support that empower individuals on their path to healing.

Medication Management Form

by Crystal Caldwell on December 2023

This form can be accessed by clicking on *Medication Tracking*

	Medication	Quantity	Dosage	Directions	Allergies	Side Effects	Appetite	Sleep Quantity	Time Given
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									
Day 8									
Day 9									
Day 10									
Day 11									
Day 12									
Day 13									
Day 14									

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Additional Resources

by Crystal Caldwell on December 2023

If you're interested in finding any additional resources that may benefit yourself or a loved one please review the list of nonprofits below. Mind ReneWELL doesn't endorse any of the mentioned nonprofits below, and individuals are encouraged to make informed decisions based on their own assessments and preferences. The list of resources identified are tailored to the African American population solely due to the fact that oftentimes people are more comfortable working with individuals that they identify with.

Nonprofits for the Mental Health of Black People

Black Mental Health Alliance (BMHA): Dedicated to promoting the mental health and well-being of Black communities.

Therapy for Black Girls: A platform that aims to destigmatize mental health issues among Black women and provides resources to connect with therapists.

Sista Afya: Provides mental wellness education, resource connection, and mental health services to Black women.

Black Men Heal: Connects Black men with culturally competent therapists and aims to make mental health services more accessible.

The Loveland Foundation: Provides financial assistance to Black women and girls seeking therapy, and also advocates for mental health awareness.

Melanin and Mental Health: A platform that connects individuals with culturally competent therapists and promotes mental health awareness in the Black and Latinx communities.

Black Emotional and Mental Health Collective (BEAM): Works to remove the barriers that Black people experience when seeking mental health care.

The Steve Fund: Dedicated to promoting the mental health and emotional well-being of young people of color, with a focus on supporting the mental health of students of color.

Black Women's Health Imperative: While not exclusively focused on mental health, this organization addresses overall health disparities and includes mental health awareness and support in its initiatives for Black women.

Black Girls Smile: A non-profit organization that focuses on promoting positive mental health for young Black women through education, resources, and advocacy.

Project LETS (Letters to Strangers): Works to promote mental health awareness and reduce mental health stigma, with a commitment to intersectionality and inclusivity.*

The Boris Lawrence Henson Foundation: Founded by actress Taraji P. Henson, this foundation aims to eradicate the stigma around mental health issues in the African American community.

Healing Black Women: A mental health initiative that focuses on providing resources and support for the mental well-being of Black women.

Black Men's Therapy: A non-profit that provides affordable and accessible mental health services to Black men.

The AAKOMA Project: Aims to reduce mental health stigma in communities of color and increase access to mental health care for youth and families.