



## **Nurture of Alabama 5th Annual Mental Health Day**

Presented by Nurture of Alabama, Inc. Birmingham Park and Recreation Board and the City of

Birmingham Mayor's Office

Location: Linn Park

Date: Friday, May 8, 2026

**Set up from 7:00 am - 9:00 am**

**Event Time: 10:00 a.m.-2:00 p.m.**

**Clean up: 2:00 p.m.-5:00 p.m.**

Email: [Crystal Mullen-Johnson](mailto:Crystal.Mullen-Johnson@nurtureofalabama.com)

Phone: 318-301-2776

Attendees: 150-200

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### **What is the Birmingham Community Mental Health Day?**

[Nurture of Alabama](#), Birmingham Park and Recreation Board and the City of Birmingham Mayor's Office are partnering to host Nurture of Alabama, Inc. Mental Health Day in celebration of Mental Health Awareness Month on **Friday, May 8, 2026, from 10:00 a.m. to 2:00 p.m.**

This community event will feature a Mental Health and Wellness Resource Fair, guest speakers, food trucks, and live entertainment by Logan the Entertainer, along with music from a DJ. The event will take place at **Linn Park and along 20th Street North in front of Birmingham City Hall.**

### **Why do we need a Community Mental Health Day?**

Untreated mental illness is contributing to a national mental health crisis in the United States, affecting both adults and youth. Data from the National Alliance of Mental Illness indicates that one in five individuals experiences mental illness each year. Mental health challenges among our youth are real, urgent, and growing and the data makes that clear. Suicide remains one of the leading causes of death among young people in the United States, and Black youth are experiencing some of the most alarming increases. According to national data from SAMHSA, between 2018 and 2021, suicide rates

among Black youth ages 10–24 increased by approximately 37%, one of the sharpest rises of any racial or ethnic group.

Centers for Disease Control and Prevention (CDC) youth behavior data further reveal troubling disparities among adolescents. In 2019, Black female high school students reported higher rates of suicide attempts than their White female peers, underscoring the unique pressures and unmet mental health needs facing Black girls and young women today.

These statistics are not just numbers; they represent children, families, classrooms, and communities. They remind us that early intervention, access to culturally responsive mental health care, and community-based prevention efforts are not optional—they are essential. By coming together to raise awareness, share resources, and normalize conversations around mental wellness, we take an important step toward saving lives and strengthening the future of our community.

### **What are the goals of this event?**

In order for Birmingham to thrive, Nurture of Alabama, Inc believes that it is critical to address the mental health crisis in our own city. Through this event, **our goals** are to reach historically marginalized communities in order to 1) remove the stigma of mental health support, 2) improve accessibility, and 3) provide community education on mental health & wellness.

#### **1) Address the Stigma of Mental Health Support**

Fear of the stigma and label associated with mental illness often prevents people from seeking treatment. To combat this, our event will feature a mental health expert as a keynote speaker. The speaker's goal is to highlight the significance of mental health and encourage people to get support by de-stigmatizing the process.

#### **2) Linking Community to Accessible & Affordable Mental Health Services**

Many Birmingham citizens lack access to affordable mental health services or do not even know where to go to find mental health support. At Nurture of Alabama, we are particularly passionate about ensuring that our youngest citizens have affordable access to high-quality mental health support. At this event, the goal is to have several nonprofit partners, clinical providers, and social workers onsite at our Mental Health Resource Fair who will raise awareness about affordable mental health services in our community. Identifying services increases the chance for early intervention for students which can result in faster recovery.

#### **3) Providing Community Education on Mental Health & Wellness**

There will also be many opportunities for learning more about how to cultivate mental health and wellness through interactive conversations and our Mental Health Resource Fair. Increased awareness helps both adults and children understand what mental illness is and how it presents itself.

**How much does it cost to participate in this event?**

It is completely FREE to participate in this event. We will have entertainment, interactive activities, and food trucks.

**We would like to include the following services at our Mental Health Resource Fair. Are you a part of an organization, clinical practice, or business that is interested in providing these services? [Sign Up to Participate](#)**

- Free Health Screenings
- Free Mental Health Consults
- Free Mental Health Screenings
- Mental Health Therapists
- Social Worker Station where people can figure out how to get connected to affordable mental health services
- Businesses promoting Mental Wellness and Healing
- Yoga or Exercise
- Self-Care
- Nutrition
- Massage Therapist
- Voter Registration

### **Who is Nurture of Alabama and what is our mission and vision?**

Nurture of Alabama is a non-profit committed to increasing awareness about mental health & wellness in our state, especially in historically marginalized communities. **We are working to expand access and shift the conversation about mental health so that all Alabamians, especially from historically marginalized communities, can thrive.**

**We envision an Alabama that nurtures the mental health of all, especially historically marginalized communities, to improve their quality of life.**

### **What has been the Nurture of Alabama's impact?**

We are a catalyst for positive change in the community, and since our beginnings in 2021 we've been driven by three pillars:

Community Education, Mental Health Services, and Sustainable growth.

- Hosted over 60 Mental Health Awareness events
- Partnered with more than 80 mental health and healthcare professionals, community leaders and organizations
- Served more than 1,000 individuals across Birmingham and surrounding areas
- Key community partners are the Birmingham Housing Authority, W.J. Christian School, Jefferson County Family Court, District 1. and Dreams Girls Academy.
- Hosted support groups with our community partners Alicia Coffee and Marks Village

For the past four years, Nurture of Alabama has also partnered with the City of Birmingham Mayor's Office to host the annual Citywide Mental Health Day. Through the use of strategic partnerships, Nurture envisions an Alabama that nurtures the mental health of all, especially historically marginalized communities, to improve the quality of life. We are working to expand access and shift the conversation about mental health.