

March Maddness Mental Health Expo
March 27-28, 2021
Charlotte, NC

Welcome

Thank you for your participation in the March Madness Mental Health Expo.

The purpose of this event is to educate, empower, provide resources and networking in the area of mental health.

This event will be held in compliance with current outdoor event North Carolina Covid 19 guidelines and will include the following measure to ensure a safe event.

All attendees will be required to wear a mask that is provided during this event or bring their own, will receive hand sanitizer, receive a temperature check and complete a covid19 screening before entering any events. www.bit.ly/shb4mask

AVOIDANCE
 COMBAT
 STRESS
 ANGER
 SHOCK
 INJURY
 IRRITABILITY
 SUICIDE
 RAGE
 NUMB
 ASSAULT
 DRUGS
 ANXIETY
 ALCOHOL
 TRAUMA
 SUBSTANCE ABUSE
 NIGHTMARES
 GUILT
 PTSD
 HYPER ALERTNESS
 SENSE OF DANGER
 HEIGHTENED
 INSOMNIA
 BLAME
 DISASTERS
 POST TRAUMATIC
 LOW SELF-ESTEEM
 DEPRESSION
 COMBAT



Despair
 Stress
 Anxiety
 Frustration
 Pessimistic
 Depression
 Sadness
 Miserable
 Hopeless
 Breakdown
 Suffer
 Tired
 Fear
 Rejection
 Solitude
 Pressure
 Tension
 Worry
 Anger
 Guilt
 Shame
 Regret
 Disappointment
 Loneliness
 Helplessness
 Desperation
 Frustration
 Anxiety
 Depression
 Sadness
 Hopeless
 Breakdown
 Suffer
 Tired
 Fear
 Rejection
 Solitude
 Pressure
 Tension
 Worry
 Anger
 Guilt
 Shame
 Regret
 Disappointment
 Loneliness
 Helplessness
 Desperation



Our Vendors/ Guest Panelists

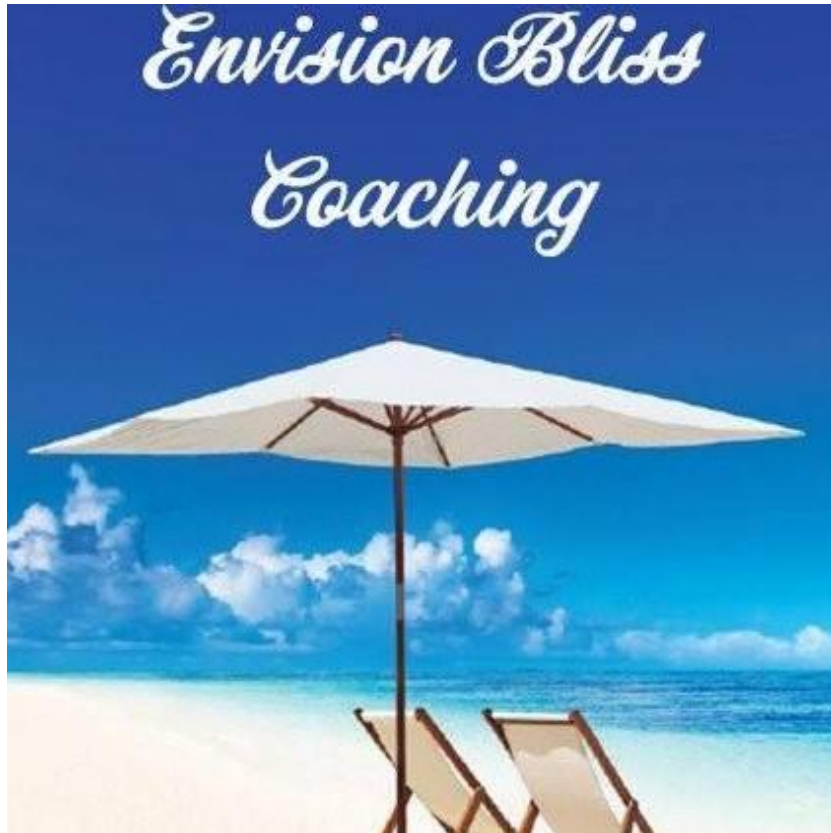
We would like to thank all the vendors and guest panelists that participated in this event. Our vendors and presenters participated both virtually and in person.

Akil Courtney-Ve Go
Brandlyn Owens-The Mental Health Burrito
Buff “Buff Jazz” Dillard
Carolina Marrelli- EquiBalance-DoTerra Oils
Crystal Pratt-Envision Bliss Coaching
Delores Church-Secrets To A Happy Life
Dorcas Lockett-Sweeter Than Honey Concessions
DrDebra For Healing-Dr. Debra Duston
Haley Allen-Center for Emotional Health
James Brown-Emory Healthcare Veterans Program
Jeanne Muhammad-Freedom2Live
Jermaine Nakia Lee-Poor No More
Jim Dukes-Charlotte Art League

Kanesha Massey-Little Gerald Services
Kelly Durden Posey-Inspired Inclusivity Consulting
Latanya Behling-Get Toned with Tan
Lolene Chambers-Wellness Watchers Homecare
Lynette Smith-Girls Too Women
Melissa Enoch-Women of Strength
Million Heir-Williams-Effectual Life Coaching
Mona Wesley-Paparazzi Accessories
Morgan Rees-Morgan Rees
Sandra Cook-Zurvita/GNO
Stacie Graves-Peace Advisors
Steven Davis-Four Aces BBQ
Talacia Cain-JPAR Carolina Living
Tarez D-Naquis Kitchen
Valerie Simon-Against All Oddz Still I Rise
Vanessa Guyton-HUSH No More

Envision Bliss Coaching, LLC

Crystal Pratt



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Peace Advisors Stacie Graves



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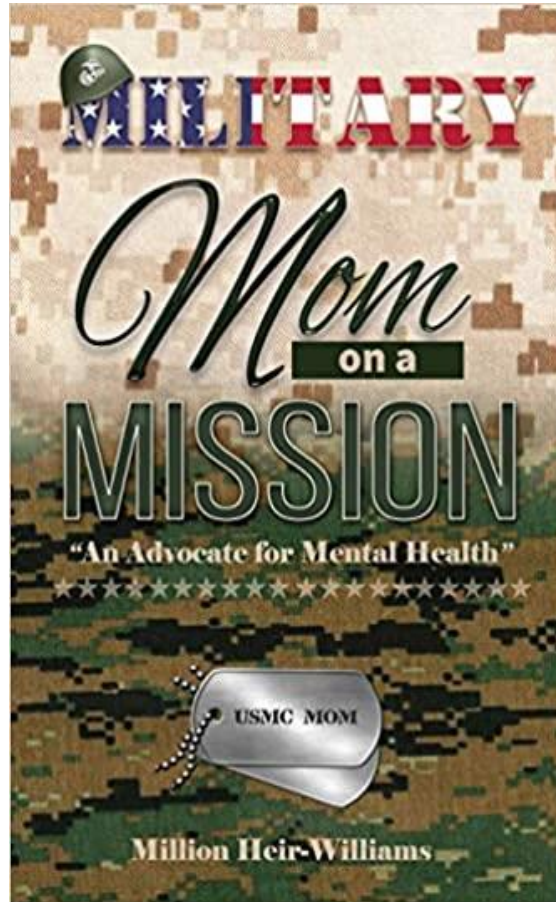
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The Mental Health Burrito

Brandlyn Owens



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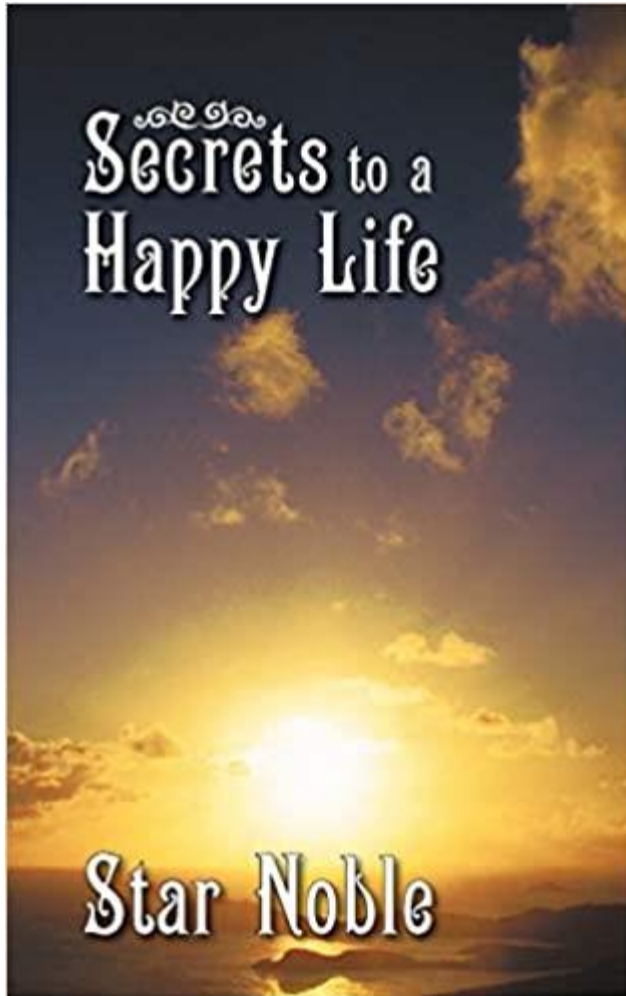
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Secrets To A Happy Life

Delores Upchurch



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Inspired Inclusivity Consulting

Kelly Durden Posey



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Simply Gorgeous Jewelry

Mona Wesley



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Poor No More

Jermaine N. Lee



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Little Gerald Services

Kanesha Massey



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Girls To Women Inc. Ladydee Smith



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Charlotte Art League

Jim Dukes



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Freedom To Live

Jeanne Muhammad



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Against All Oddz Still I Rise

Valerie Simon



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EquiBalance Health-Do Terra Carolina Marrelli



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Wellness Watchers Homecare

Lolene Chambers



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Center For Emotional Health

Haley Allen



NOW ACCEPTING
NEW PATIENTS



CEH

TAKE A STAND FOR YOUR RIGHTS

VETERAN SUPPORT SERVICES PROGRAM

Let's Connect

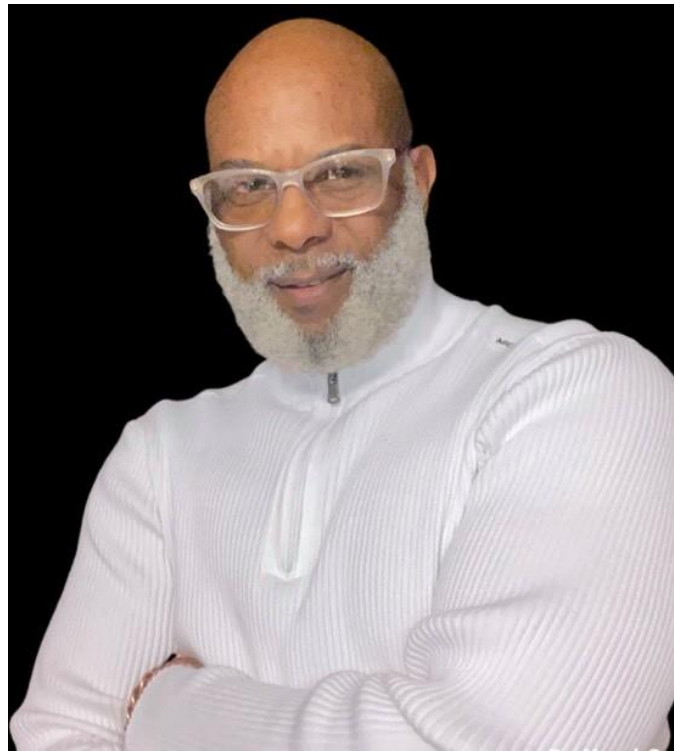
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Buff Bone Dillard

Artist/Motivational Speaker



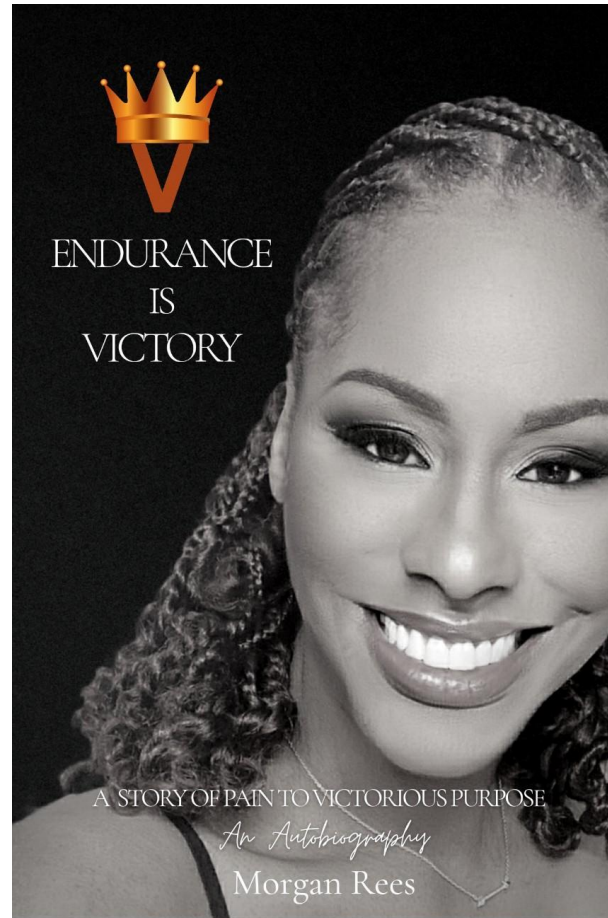
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The Sales Confidence Coach

Brian McNeil



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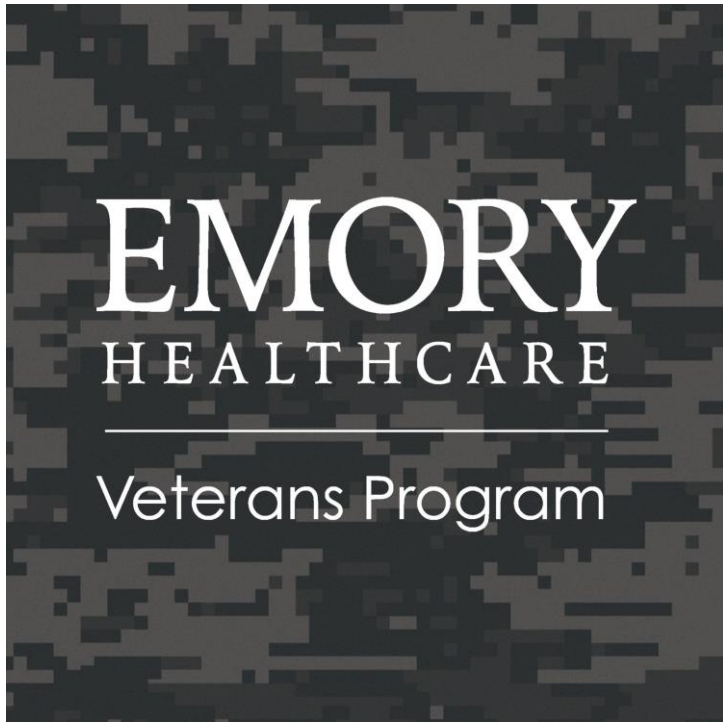
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Emory Healthcare Veterans Program

James Brown



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HUSH No More Vanessa Guyton

HUSH
NO MORE!



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Humana

Keith Richardson

Humana®



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Thank you to our awesome food trucks

Please connect with them for future events.

Sweeter Than Honey

Dorcas Luckett



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Ve-Go

Akil Courtney



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Naquis Kitchen

Tarez D



Good Food Good Times Good Vibes



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Four Aces BBQ Steven Davis



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