

AFROS & AUDIO VIRTUAL PODCAST FESTIVAL

Creatives Mental Health Talk

DESCRIPTION:

Creativity is an emotional process. Being able to openly discuss the status of your mental health breathes life into your vision and makes room for your masterpiece. Join us for a Mental Health focused conversation that will enrich and inspire. Panelists will share their first-hand experiences with depression, anxiety, and imposter syndrome; and will provide resources on how to take the first steps toward your healing journey.

Takeaways:

- How to give power to your voice by acknowledging your emotional state to yourself and others.
- Hear the intimate stories of how other podcasters confront and overcome mental illness.
- Share the story of your mental and emotional blocks and obstacles.



MODERATOR:

Jeff Kelly is the emerging best-selling author of *The Avenue: A Personal Dictionary* and co-creator of the *Introverted Intuition Podcast*, who leverages both accomplishments as an escape from the darkness that depression and anxiety conjure. Born and raised in New Jersey, his mission is to openly share personal mental health experiences and wisdom with the hope that others who indulge in his art will feel as comfortable as he is, to share their struggles and work towards having a healthier mind and spirit. He passionately identifies as a Black American thought leader and advocates for mental health wellness of all.

PANELISTS:

Latrice Sampson Richards, LPC-S, CLC is a mental and emotional wellness creative, Licensed Professional Counselor Supervisor (Louisiana), Licensed Mental Health Counselor (Florida), and Certified Life-Enhancement Coach. Latrice is the host of *Unicorns Talk Podcast* and serves as the Lead Event Consultant for the *Afros & Audio Podcast Festival*, and a producer for the *Vanguard Podcast Network*.

Blake Johnson is the host of *Diary of a Mad Black Man*, his podcast and diary about his life and mental health journey. He has overcome many obstacles when it comes to mental health including depression, anxiety, and suicidal ideation. He is now a digital content creator, entrepreneur, community activist and more; all of this is infused to his podcast that now has 120+ diary entries published, with over 22K downloads in 30+ countries around the world.

Blake is also the founder of *The Black Podcast Club*, a social networking club for podcasters and creatives from around the globe to hang out, network and create together. He has built a social network reach of 10k plus combined across all social platforms.

At the core of his creativity is his advocacy for mental health and wellness. At the core of who he is, he desires to advocate for the mental health and wellness of black men, the black community and to end the stigma that surrounds mental health.

LOGISTICS:

Date/Time: Sunday, November 14th: 11:05 AM - 12:00 PM

Format: Roundtable Discussion and Q&A

