



WINTER 2024

MENTAL HEALTH AND SOCIAL JUSTICE CLINIC

NEWSLETTER



Message from our Executive Director: Dr. Anissa McNeil

As we approach the close of another impactful year, we take a moment to reflect on the strides we've made in advancing mental health and social justice. This year has been a remarkable one for our clinic as we've reached new heights in global collaboration and local engagement. From our transformative events in South Africa to our efforts addressing mental health challenges for Black men in the U.S., we are more determined than ever to create a world where mental well-being and social equity are prioritized. Thank you for being a part of our journey and we invite you to join us as we forge ahead with our initiatives to make an impact.



Iron Sharpens Iron Summit

UNITING VOICES FROM THE U.S. AND SOUTH AFRICA TO TACKLE BLACK MEN'S MENTAL HEALTH

The October 5th Iron Sharpens Iron Summit was a powerful, cross-continental gathering that brought together advocates, leaders, and community members from the United States, South Africa, and Uganda. Focused on addressing the unique mental health challenges faced by Black men, the summit sparked transformative conversations, broke down barriers, and laid the foundation for lasting, global change.





"Let's Talk": A Conversation for College Students in KwaZulu-Natal

A SAFE SPACE TO CONNECT AND SHARE

We're excited to announce our Let's Talk events, designed to provide college students in KwaZulu-Natal with a supportive space to discuss mental health, stress, and the challenges they face. These weekly sessions are a chance to connect with peers, share experiences, and receive advice on managing academic and personal pressures.

Let's Talk:
A CONVERSATION FOR COLLEGE STUDENTS IN KWAZULU-NATAL

Why join?

- A safe space to talk and connect.
- Share experiences and build support.
- Get advice on handling stress and challenges.
- We're here to listen, support, and help.

When?
Every Saturday at 10:00 AM

Where?

- Glenmore
- Inanda
- And other locations near you!

WANT TO REGISTER?
Scan the QR code below to sign up!



Happy Holidays from the Mental Health and Social Justice Clinic

Wishing you peace, joy, and good health this holiday season!

As we approach the holiday season, please note that our offices will be closed **November 28-29 and December 25 - January 1** across all locations: Texas (Dallas and Houston), South Africa (Durban and Cape Town), Chicago, Los Angeles, San Diego, and Gardena. We look forward to reconnecting with you in the new year.



Informational Session in Cape Town

CONNECTING WITH THE COMMUNITY ON MENTAL HEALTH AND SOCIAL JUSTICE IN SOUTH AFRICA

On November 7, we hosted an impactful informational session in Cape Town, where our team connected with local community members to discuss the work of the Mental Health and Social Justice Clinic in South Africa. This session provided valuable insights into the clinic's mission, our ongoing efforts to address mental health disparities, and our commitment to social justice in the region. It was an important opportunity for participants to engage with our initiatives, share their own experiences, and learn how we can collectively work towards a healthier future.

Mental Health and Social Justice at the NAACP Health and Wellness Fair

Randolph McNeil Delivers Keynote Address on Mental Health and Social Justice



Randolph McNeil and Dr. Sonya Curtis at the NAACP Health and Wellness Fair

In October, we partnered with the NAACP Dallas at their Health and Wellness Fair to raise awareness about health disparities and promote well-being in the community. Randolph McNeil, the keynote speaker, highlighted the work of the Mental Health and Social Justice Clinic (MHSJC), focusing on mental health challenges in marginalized communities, particularly Black men, and the need for accessible resources. This collaboration was a valuable opportunity to connect with the community, share crucial information, and reaffirm our commitment to building healthier, more equitable communities through education and advocacy. Randolph’s address emphasized the vital intersection of mental health and social justice in creating lasting change.

Upcoming December Events:

KEY DISCUSSIONS ON SOCIAL JUSTICE AND MENTAL HEALTH

DECEMBER 11: SERVICE-LEARNING FORUM LUNCHTIME LEARNING SESSION

On December 11, Dr. Anissa McNeil will present at the eThekwini Service-Learning Forum Lunchtime Learning Session. She will share insights on the role of service-learning in promoting social justice and community engagement, highlighting its impact on positive social change and student development.

DECEMBER 6: ADDRESSING GENDER-BASED VIOLENCE IN SOUTH AFRICA

On December 6, we’ll be joining forces with local leaders and activists at the Gandhi Phoenix Settlement in South Africa for a critical event focused on addressing gender-based violence. This initiative is part of our ongoing commitment to dismantling systems of oppression and providing support to survivors.



DECEMBER 14: IRON SHARPENS IRON SUMMIT-THE UNITED STATES

The conversation continues in the U.S. with a summit on December 14, where we’ll explore actionable strategies to support Black men’s mental health. This event will be a vital part of our commitment to providing ongoing education, resources, and support for those who are often underserved in mental health systems.