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Local Family That Lost Son to Suicide Launches Foundation to Eradicate Stigma Around and Provide Resources for Young People to Prioritize Mental Health

Washington, D.C. - Deneen Vaughn, Co-Founder and CEO of Mind and Wellness Foundation, alongside her husband and two sons, created the foundation in honor of her late son, Christen (Chris) Vaughn. Chris lost his life to suicide after struggling with post traumatic stress disorder (PTSD) and acute depression for several months. While his family was aware of his diagnosis, like many with mental disorders and illnesses, Christen wasn't always comfortable having open dialogue about the situation.

Mind and Wellness Foundation is committed to saving the lives of young people, with a special emphasis on young people of color because of the mental health stigma that exists in minority communities. Through increased awareness, education, research and access to resources, the foundation seeks to eradicate stigma, change the conversation and narrative, and develop a path for overall positive change towards mental health.

The foundation's work will stem from its four major pillars: Nutrition, Fitness/Exercise, Stress Management and Mind Wellness. The Vaughn family wants to set the tone that your mental health is the root of your overall well-being, and relates to every facet of your physical, mental and emotional health. Tools and information related to each pillar is listed on the Resources tab of the website.

Mind and Wellness Foundation will be hosting several events throughout the year to help raise awareness about mental health disorders and illnesses. All monies raised will go towards helping young men and women in need of therapy, and/or access to programs that will help support their transition from having a mental health illness in silence to living a life of mental wellness.

“While our family is devastated with the passing of Christen, it’s a true honor and privilege to continue his legacy of love and light with the Mind and Wellness Foundation”, said Deneen Vaughn, Co-Founder and CEO of Mind and Wellness Foundation. “Your mental health is the catalyst of your overall well-being, and should be taken as seriously as your physical health as they’re interconnected.”

The foundation offers grants to help offset and or cover therapy sessions with a licensed therapist, in-person or virtual.

At its core, the Mind and Wellness Foundation and its entire mission is based off of Chris’ quote: “Listen and take care of each other. Really listen and check-in on your 'Strong' people”.

For more information on the Mind and Wellness Foundation or to make a donation, please visit <https://www.mindandwellnessfoundation.org>

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About the Mind and Wellness Foundation

We are committed to saving the lives of young people, particularly young people of color. Through increased awareness, education, research and access to resources, The Mind and Wellness Foundation seeks to eradicate the stigma, change conversation and narrative around mental health, creating a path that impacts the way mental health is talked about, recognized, supported and cared for in the communities of not only people of color, but all young men and women.