

WE SEE YOU

WE'RE WITH YOU

YOU MATTER

You can **transform** and even **save a life**, with your **investment** in MHA.

Companion Giving Level

\$250 helps a parent receive one-on-one support navigating the many systems that their child with mental health concerns is faced with.

Friend Giving Level

\$500 can provide 25 individuals just like you and me, gain awareness and skills to help someone who may be thinking of taking their own life.

Partner Giving Level

\$1,000 provides access to a free clinical assessment and six additional counseling sessions, for someone who can't afford therapy.

Trailblazer Giving Level

\$2,500 helps reduce social isolation for adults with mental health conditions, for up to six months of Compeer's wellness group activities.

Visionary Giving Level

\$5,000 empowers MHA's outreach in Cabarrus and Mecklenburg counties, and ensures mental health advocacy at the state level.



Your Support Matters
www.mhaofcc.org

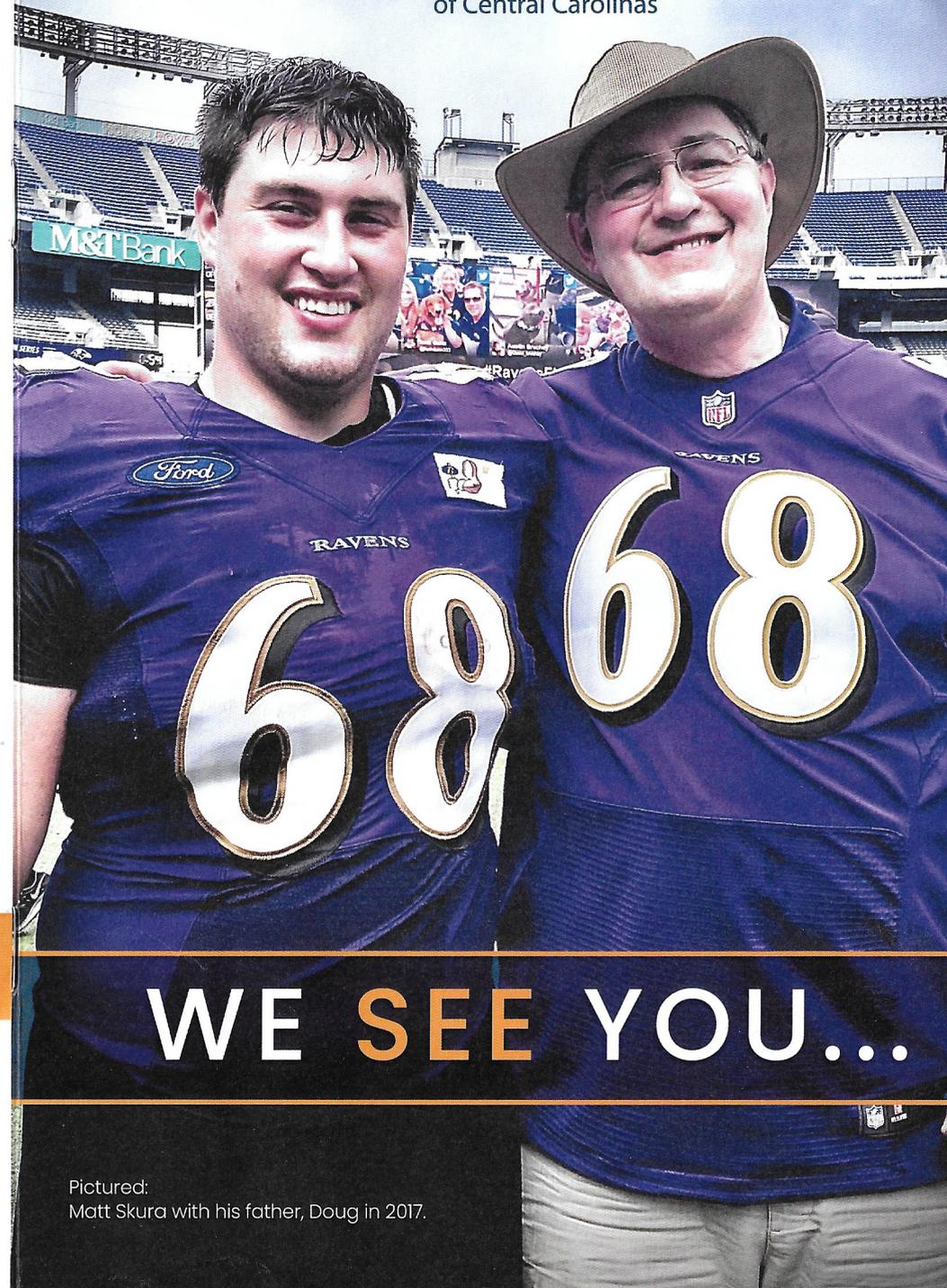


Mental Health America
of Central Carolinas

ADVOCACY EDUCATION PREVENTION



Mental Health America
of Central Carolinas



WE SEE YOU...

Pictured:
Matt Skura with his father, Doug in 2017.

WE SEE YOU

NFL Veteran and MHA Storyteller volunteer, Matt Skura, is using his platform to advocate for mental health – particularly for men . . .

Matt says, “My mental health journey has been deeply shaped by two significant experiences: my career as an athlete and in my personal life. As a football player at Duke and later in the NFL, I worked with a therapist, learning mental strategies that help me excel on the field and, more importantly, in life.”

Tragically, Matt lost his dad to suicide in March 2022 after a fall and a concussion which sidelined his career as an orthopedic surgeon. Matt says, “The loss of my father transformed my understanding of mental health beyond performance.

It brought home the importance of recognizing warning signs, knowing the available resources, and processing grief. One of the first calls I made after my dad passed was to my therapist. That relationship and the mental techniques I used in football helped me embrace the emotions of grief, rather than internalizing them.”

Of his father, Dr. Douglas Stephen Skura, Matt says, “He was incredibly proud of my brothers and me. Despite his busy career, he was always present and supported our dreams. I cherish those memories, especially the ones we created during my football career.”

Matt and his wife Emma call Charlotte home, along with their four young children. Matt reached out to MHA to become a volunteer this summer and was a guest on MHA’s digital talk show “**Strong Place**” in September, honoring his dad’s life during suicide prevention month.

Mental Health America’s mission resonates with me because it aligns with my passion for sharing my journey as an athlete and promoting open conversations about mental health, empowering others to seek support and foster resilience in challenging times.

~ Matt Skura



“You never know how a single word or conversation could save someone’s life. The power we have to lift someone out of the darkness is inside every one of us.”

WE'RE WITH YOU

MHA Storyteller
volunteer Shawna
Fraser says, "My son
Jay was intelligent,
funny, had the
biggest smile
and was a great
debater with witty
comebacks, deep
questions and
rebuttals . . .

He had one of the brightest
minds, but we didn't know
that his bright mind was
under attack. He had quite
a temper and small things
might set him off. In his teens,
we learned that he was
abusing substances. We
were concerned but blamed
it on misbehavior; never
considering there could
be more lurking under the
surface."

When Jay was in his mid-20s
Shawna says, "The paranoia,
cycle of ups and downs, and
even more substance abuse
were unveiled. He ended up

in a mental hospital where
he was officially diagnosed,
and placed on medication. It
seemed like we had our Jay
back for a while. But he didn't
like the way the medication
made him feel, so he
stopped taking it. Jay never
really accepted that he had
a mental illness; that denial
was part of the illness."

Jay eventually became
homeless and Shawna's
family didn't hear from him
for long periods of time. One
day during church, Shawna
got the most difficult call
imaginable. Her 24-year
old daughter Jessica had
to tell her that the
police found Jay
and determined



Shawna with her daughter Jessica and son Jay.

that he had died by suicide.
Shawna says, "Our world
had already been turned
upside down by this illness
and I felt like it won. After
we lost Jay, I engaged with
grief groups and individual
counseling. I wish I'd known
about MHA when on our
journey with Jay. But after
attending workshops with

MHA, including QPR Suicide
Prevention training, I became
determined to turn from
helplessness, powerlessness
and hopelessness to hope,
advocacy and mental
wellness."

Shawna lives in Charlotte with
her husband Owen.

We didn't know what to look for
(when my son was struggling) and
I'm not sure how much we would
have even talked about it due
to stigma, especially in
the African American
community. We were
raised under the
mantra
of 'what
happens
in this
house, stays in
this house.'



~ Shawna Fraser

YOU MATTER

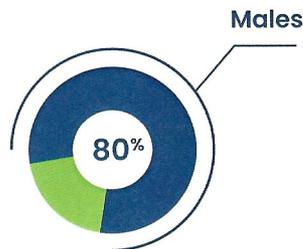
Know the Facts

Nearly **1 in 10 men** experience depression or anxiety



But **less than half** will receive treatment

Although women attempt suicide more often than men do,
Men are 4 times more likely to die by suicide



More than **49,000 individuals died by suicide** in the U.S. in 2022

80% were males

Recognizing signs that you or someone you care about may have a mental health disorder is the first step toward getting treatment.

The earlier treatment begins, the more effective it can be.

How MHA Can Help*

- **Offers 11 free confidential mental health screening tests** on our website, which provided guidance and next steps to 3,458 people last year.
- **Free Mental Health Education and Suicide Prevention trainings** provided action plans to 1,591 community members to recognize when they or others need support. In FY2025, MHA is delivering a young men's mental health series with 100 Black Men of Charlotte.
- **Counseling programs** provided free therapy to 264 individuals, helping 91% reach at least one of their personal goals.

*FY2024 data.

How You Can Help MHA

Suggested Giving Levels:

(see back cover for ways your gift can change lives)

\$250	Companion Giving Level
\$500	Friend Giving Level
\$1,000	Partner Giving Level
\$2,500	Trailblazer Giving Level
\$5,000	Visionary Giving Level



1933 Society Membership: Our multi-year giving society, named in honor of the year we were founded. Join with a sustaining unrestricted investment of \$1,000 or more for five or more years, or \$83.33 per month.



**Donate Now...
Every Gift Matters**

Your support makes transformational change possible.