



#### **MEDIA CONTACT**

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**For Immediate Release**

## **HEALTHY FAMILY PROJECT SHINES LIGHT ON MENTAL WELLNESS DURING MENTAL HEALTH AWARENESS MONTH**

### **Student athlete ambassadors to showcase mental health podcast episode**

**Reidsville, GA – May 1, 2023** – To support Mental Health Awareness month, Healthy Family Project is promoting mental wellness in families through a [series of podcast episodes](#), digital content, and resources with a goal to provide support to families and reduce the stigma associated with mental illness. As part of this initiative, Healthy Family Project is working with NIL college athlete ambassadors to promote the widely downloaded Healthy Family Project podcast episode [Sports Psychologist Tips for Supporting Teen Athletes](#) featuring Psychologist Dr. Neff of Inner-Edge and Villanova University.

The group of student athlete ambassadors were charged with listening to the podcast episode and weighing in with their thoughts on the popular social media platform [Instagram](#). The athlete ambassadors participating include [Graham Moody](#) University of Wisconsin, [Isreal Solomon](#) University of Hawaii, [Madi Black](#) Union College, and [Kira Stevens](#) University of West Florida.

In addition to the student ambassadors, Healthy Family Project's social media content and e-newsletters this month will highlight resources, inspiration, and information for families around nutrition, stress management, screenings, self-care, and coping strategies.

“During Mental Health Awareness Month, Healthy Family Project is working to bring attention to the critical need to prioritize mental well-being in families,” said Trish James, vice president Healthy Family Project. “Everyone on our team has been touched in some way by the power of mental fitness in the past several years so we each have a personal touchpoint making the content that much more authentic.”

With the ongoing challenges and uncertainties of the past years, Healthy Family Project recognizes the critical need to prioritize mental well-being in families. According to the National Alliance on Mental Illness, one in five adults in the United States experiences mental illness each year, and one in six youth experience a mental health disorder each year.

“My personal mental health journey prompted my mission to work with and help athletes identify the best ways to achieve mental wellness,” said Dr. Neff Psychologist and Healthy Family Project podcast guest. “Mental Health Awareness month provides the perfect platform to spread this important message through multiple avenues like the podcast, the NIL network and beyond.”

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### **About Healthy Family Project**

Healthy Family Project believes in creating a healthier generation. As a cause marketing organization, Healthy Family Project creates programs, like Produce for Kids, that provide easy, fun, and inspiring recipes and healthy ideas. Since its creation in 2002 by Shuman Farms, Healthy Family Project has raised more than \$7.5 million to benefit children and families and provided 12 million meals through Feeding America. To learn more about Healthy Family Project and healthy eating, visit [healthyfamilyproject.com](http://healthyfamilyproject.com).