



October 2020 is Mental Wellness Education Month at The Palms. Each week this month, you will be provided with information you can use to become aware of the stigma associated with mental health.

Strength Over Silence: Discovering my Superpower

National Alliance on Mental Illness Ambassador A.J. Mendez — author, advocate and former WWE wrestler — talks about her experience, advice to Latino families and how she believes her bipolar disorder is her superpower. Watch the video [here](#).

Strength Over Silence is a NAMI docuseries that explores unique perspectives on mental health from the African-American and Latino communities. Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.