



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: You are Not Alone

You are Not Alone is about inspiring each other on the road to recovery. That there is hope. That our stories can help others with similar experiences and introduce everyone to the importance of being an advocate. Listen to Wesley and Kevin's stories.

Strength Over Silence is a National Alliance on Mental Illness 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.