



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: Tackling Mental Health Stigma

National Alliance on Mental Illness Ambassador Chris Hubbard, offensive tackle for the Cleveland Browns, takes us on a journey back to his hometown of Columbus, Georgia. There, he shares the unique challenges of playing competitive sports, encourages young athletes to take care of their mental health, and relays the importance of asking for help.

Watch the video [here](#).