A Simple Invitation Changes a Life

In 2017, Danielle Rogers was struggling with her mental health. During that time, her colleague at Bank of America and MHA Board Member Rob Jones invited her to MHA’s annual Wake Up for Wellness event. “I was blown away by the discussion and how honest and transparent people were,” she says. “I had to learn more. I started attending events like Coffee & Conversation. People are not generally comfortable talking about their mental health challenges...it was a safe space...no judgement.”

Danielle recently celebrated two and a half years of sobriety. She lives with Major Depressive Disorder and Alcohol Abuse Disorder which stems from a traumatic event in 2010. She says she supports MHA because of the awareness they provide the community. “Once you become a part of MHA, you feel like you’re part of this secret society and then you start to spread the word.” Danielle works to break stigma around mental health as a volunteer Storyteller for the organization, sharing her story both at Coffee & Conversation events at MHA, and other events in workplaces, churches and other venues.

“Getting involved with MHA made me feel more comfortable at a time when I felt like I was never going to be able to manage my depression,” shares Danielle. “So much crying...suicidal thoughts... isolation. I don’t think I would be where I am today without MHA and that’s why I’m so passionate about the organization.”

Danielle says that she wasn’t always in a position to give at the 1933 Society level—a five-year commitment of $1,000 a year—but now that she is, she wants to give back. “I give back a portion of what God has given me,” she says. “If our community is riddled with mental health challenges, it creates so many disparities; it connects to everything.” As a part of the MHA team, Danielle says, “We are helping Charlotte to thrive.”

Learn more about BIPOC Month AKA National Minority Mental Health Awareness Month at mhanational.org/july