

## REME-D COMMUNITY TRAINING WORKSHOPS

Camp 14, LLC

City of Henderson NC Commission on Mental Health /  
Faith-Based Initiative of the Mayor's Office  
Macedonia New Life Church, Raleigh, NC  
New Jerusalem Community Church, Durham, NC  
Juniper Level Baptist Church, Raleigh, NC  
Friendship Baptist Church, Wake Forest, NC  
Eastern District Baptist Association, Warsaw, NC  
Christian Home Christian Church, Apex, NC

### SPONSORS

People Care Int'l, LLC - Dr. James Seymour, Executive Director  
CMC Transportation, LLC - Curtis Faison, Executive Director  
Soul Shop™ Movement - Michelle Snyder, Executive Director



We invite you to partner with us by becoming the REME-D for this public health crisis.

Learn to foster healthier and more supportive communities through trainings that:

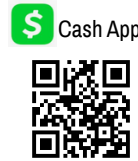
- Increase awareness
- Reduce stigma
- Improve support networks
- Create early intervention opportunities

Workshop  
Testimonials  
are available on  
our Website



### SUPPORT OUR MISSION: GIVE, SERVE, IMPACT LIVES

"Give today—your *tax-deductible* donation helps us continue our important work!"



### Mail Donations

**REME-D**  
P.O. Box 114  
Rolesville NC 27571

Make checks  
payable to:  
**REME-D**

## CRISIS RESOURCES

NATIONAL SUICIDE PREVENTION LIFELINE: 988

CRISIS TEXT LINE: TEXT HOME TO: 741741

CONTACT YOUR LOCAL MENTAL HEALTH SERVICES  
IF SOMEONE IS IN IMMEDIATE DANGER  
EMERGENCY HELP: **CALL 911**

**YOU ARE NOT ALONE. HELP IS AVAILABLE**

SCAN OUR WEBSITE [WWW.REMEDMISSION.ORG](http://WWW.REMEDMISSION.ORG)

MORE  
WAYS YOU  
CAN HELP



### CONTACT INFO

Dr. Joe and Brenda Stevenson

Tel: 919-618-3447

✉ [remed4u@gmail.com](mailto:remed4u@gmail.com)

[www.remedmission.org](http://www.remedmission.org)

According to the World Health Organization  
one person **dies** by suicide every **40** seconds.

### "WE ENGAGE TO EMPOWER"



Normalizing Discussions Around Mental Health





Dr. Joe Stevenson and Brenda Stevenson, Founders

Dr. Joe and Brenda Stevenson are certified trainers for the Soul Shop™ Movement and endorsed by AFSP (American Foundation for Suicide Prevention), an initiative dedicated to supporting individuals and communities impacted by suicide. With a deep passion for mental health and healing, they specialize in providing training and resources to help both adults and youth navigate the emotional and spiritual challenges involving suicidality. They are particularly attuned to the unique struggles faced by young people, including pressures from social media, identity issues, and emotional regulation challenges, which can contribute to feelings of isolation and despair. In addition to their focus on youth, Dr. Joe and Brenda offer crucial support to those who have considered suicide and survived, providing a compassionate space for healing. Their work also extends to individuals who have experienced the pain of the loss of someone who died by suicide, drawing from their own lived experiences. Through their training and outreach, they equip individuals and communities with the tools to foster understanding, empathy, and hope, empowering people to navigate the difficult journey of recovery and transformation.

*"We believe that every life is valuable and that no one should struggle in silence."*

## OUR VISION

Our vision is a future where individuals of all ages, from youth to adults, are supported and empowered to manage their mental health, breaking down barriers to prevent suicide and fostering support, hope, and connection.

## OUR MISSION

To provide accessible, compassionate mental health resources, education, and support to both adults and youth, reducing stigma and offering effective prevention strategies to reduce suicide risk. Through community partnerships, advocacy, and a commitment to ongoing care, we strive to build a safe, understanding environment where every individual can thrive.

## WHAT WE OFFER

R E M E-D offers Suicide Prevention through:

- **Education:** We aim to raise awareness about suicidal ideation and mental health. By fostering understanding and providing accessible, information to those impacted by suicide.
- **Collaboration:** We believe that addressing suicidal ideation requires a collective effort. Through collaboration with churches, mental health professionals, and community organizations, we strive to create a strong network of support for those impacted by suicide.
- **Advocacy:** Our advocacy efforts is to raise awareness, breaking the stigma surrounding mental health, and ensuring that culturally competent resources are accessible to those in need.
- **Compassionate Care and Support:** We recognize that suicide impacts not just individuals, but entire families and communities. We are committed to offering compassionate support to those who have lost loved ones to suicide, those struggling with thoughts of suicide, and those who walk along side them.

## HERE ARE THE FACTS

The mental health crisis and its devastating link to suicide deeply impacts both youth and adults. As we witness an increasing number of individuals struggling with their emotional and psychological well-being, it becomes clear that mental health is a critical concern that demands urgent attention. Mental health challenges, ranging from anxiety and depression to more severe conditions, can often go unnoticed or untreated, leading individuals to feel isolated, helpless, and overwhelmed. This sense of despair can tragically lead some to consider suicide to escape their suffering. *"Suicide is not a disease. It is the worst possible outcome of a combination of very complex things, often including mental health challenges."* (Victor Armstrong, AFSP).

More than 720,000 people die by to suicide every year.

Source: World Health Assn.

In 2022, Non-Hispanic American Indian, Alaska Native people and non-Hispanic White people had the highest suicide rate.

Source: CDC.gov

In 2022, suicide was the third leading cause of death for Black or African Americans ages 10 to 24.

Source: CDC.gov

In North Carolina suicide is the 11th leading cause of death.

Source: American Foundation for Suicide Prevention

2nd leading cause for ages 25-34

Source: soulshopmovement.org

7th leading cause for ages 45-54  
10th leading cause for ages 55-64 and 18th leading cause for ages 65+

Source: soulshopmovement.org

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~Victor Armstrong, AFSP

