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Mental Health Executive Team

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Malinda R. Spencer, Sylvia R. Beach
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NCBW/PWCC Officers

President, Ms. Shelia D. Coleman
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Financial Secretary, Ms. Yvette Garel
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Immediate Past President, Organizer
Executive Director of Grants, Dr. Alice H. Howard

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Parliamentarian, Ms. Nancy Jean-Louis
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Chaplain, Rev. DeAnn White

Designed by:

Dr. Alice H. Howard, Ms. Sylvia R. Beach
& Ms. Deborah Withers

National Coalition of 100 Black Women
Prince William County Chapter, Inc.



Mental Health Awareness COVID-19 Project

Changing Our Communities By

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**And Providing Community Service
For Our Constituents**

Funded By COVID-19

Response Community Foundation Grant

NCBW Purpose

The Purpose of NCBW/PWCC is as follows: to foster principles of equal rights and opportunities, to promote the awareness of Black culture, to develop the potential of the membership for effective leadership and participation in civic affairs, to take action on specific issues of local, national, and international importance, to cooperate with other persons and organizations to achieve mutual goals, and to promote economic development for members and the community in which we serve.



NCBW Mission

The Mission of NCBW/PWCC is to advocate on behalf of Women of Color and Girls through national, state and local actions and strategic alliances that promote the NCBW agenda on leadership development and gender equity in the areas of health, education, economic and political empowerment.

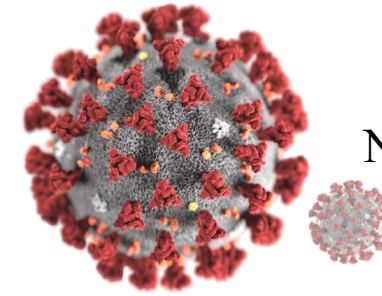
What Is Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, relate to others, make decisions, behave and handle stress. Mental health is important at every stage of life, from childhood to adolescence through adulthood. If you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including: **biological factors, (genes or brain chemistry; life experiences, such as trauma or abuse; and family history of mental health problems.** Mental health problems are common, but help is available. People with mental health problems can get better, and may recover completely.

Early Warning Signs

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Withdrawing from people and usual activities
- Having low or no energy
- Feeling numb or feeling as if nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling usually confused, forgetful, angry, upset, or scared
- Yelling or fighting with family and friends
- Severe mood swings that cause problems in relationships
- Persistent, unwanted thoughts and memories
- Hearing voices or believing things that are not true
- Thinking of harming self or others
- Inability to perform daily tasks like taking care of your children or getting to work or school



New Covid-19 Grant

NCBW-PWCC is pleased to announce that the chapter received a new grant in the amount of \$20,000.00 which was awarded by the Response COVID-19 Community Foundation for Northern Virginia. This grant is for two years with \$10,000.00 per year. COVID-19 Response Funds will be utilized to purchase Personal Protective Equipment (PPE) for students and their families at

Graham Park Middle School, Rippon Middle School and the NCBW-PWCC partner churches and their congregations.

PPE equipment consists of items such as masks, gloves, hand sanitizer, toilet paper, paper towels, facial tissue, napkins and wet wipes. Additional items such as disinfectant spray, antibacterial wipes, face shields, goggles, as well as Clorox and thermometers, social distancing signage, COVID-19 posters and non-perishable items are being considered for purchase.

NCBW-PWCC continues to advocate and perform community services for our constituents in Prince William County. We are appreciative to COVID-19 Response Community Foundation for selecting our chapter as one of 22 agencies to receive this Round 5 Grant.