



MHR Weaving, Wellness, and
The Healing Arts.
MENTAL HEALTH REIMAGINED

THE BRIDGES PROJECT

INSIDE THE TOWERS

Community Resource Guide



THREADS TO HOPE | COURAGEOUS CONNECTIONS

COMMUNITY RESOURCES | POST-SHOW CONVERSATIONS

IN CONNECTION WITH RIGHT BEFORE I GO

Produced by Charlotte's Off-Broadway | September 10-13, 2026

Presented by Mental Health Reimagined
The VAPA Center | Charlotte, North Carolina

**FIND WHAT YOU NEED.
OFFER WHAT YOU CAN.
HELP SOMEONE ELSE FIND A WAY ACROSS.**



MENTALHEALTHREIMAGINED.ORG

People holding space

These artists, advocates, clinicians, community leaders and audience-support volunteers contributed their presence and expertise to the exhibit and post-show experience. Select any underlined link to learn more.

Luther Kissam V

Poet, writer and mental health advocate

LUTHERKISSAMV.COM

Andrew Smith

Founder, Finding Inspiration Foundation

[FINDING INSPIRATION FOUNDATION](http://FINDINGINSPIRATIONFOUNDATION)

Kimberly Walker-Thurmond

Executive Director, Mind the Gap

[MIND THE GAP](http://MINDTHEGAP)

Phoebe Turner Azmi

Community Impact & Equity Coordinator, Mind the Gap; meditation guide

PHOEBETURNERAZMI.COM

Jonathan Hetterly, M.A., LCMHC

Therapist and Mind the Gap board member

[MIND THE GAP](http://MINDTHEGAP)

Diamond James, MSW, LCSW, LISW-CP

Licensed therapist; founder, Breaking Down Stigma

[BREAKING DOWN STIGMA](http://BREAKINGDOWNSTIGMA)

Rebecca Peacock, LCSW

Director, Mecklenburg County Crisis Response, Santé Group

[SANTÉ GROUP](http://SANTÉGROUP)

Kate McAllister

Executive Director, Queen City Art

[QUEEN CITY ART](http://QUEENCITYART)

Toni Evans

Visual artist and lived-experience advocate

[ARTIST WEBSITE](http://ARTISTWEBSITE)

Glenn Proctor

Vietnam veteran, author, journalist and peer-support advocate

[AUTHOR PAGE](http://AUTHORPAGE)

Emily A. Lupsor, MSW, LCSW

Suicide Prevention Program Manager, Salisbury VA Health Care System

[SALISBURY VA MENTAL HEALTH CARE](http://SALISBURYVAMENTALHEALTHCARE)

Pamela Pompey

Central Piedmont Arts, Humanities and Continuing Education

[CENTRAL PIEDMONT](http://CENTRALPIEDMONT)

Jeff Cravotta

Photographer, Courageous Connections portrait series

CRAVOTTA.COM

Amy Campbell

Director; founder, Mental Health Reimagined; creator, The Bridges Project

[MENTAL HEALTH REIMAGINED](http://MENTALHEALTHREIMAGINED)

Community partners & resources

The exhibit brings community resources to one table. These organizations contributed people, information, creative support or audience resources. Services, eligibility and availability may change; use each link for current details.

Mental Health Reimagined

Healing arts, storytelling, Threads to Hope and The Bridges Project.

[VISIT WEBSITE](#)

Mind the Gap

A Charlotte-area resource hub helping youth, young adults and families navigate trusted mental-health support.

[VISIT WEBSITE](#)

Breaking Down Stigma

Therapy, education and training grounded in wellness and reducing mental-health stigma.

[VISIT WEBSITE](#)

Finding Inspiration Foundation

Community connection, storytelling and programs that foster hope and resilience.

[VISIT WEBSITE](#)

Santé Group - Mecklenburg County Crisis Response

Community-based behavioral-health crisis response and mobile crisis services.

[VISIT WEBSITE](#)

Queen City Art

A creative community offering exhibitions, studios, classes and opportunities for artists.

[VISIT WEBSITE](#)

Central Piedmont Counseling Services

Counseling and student support resources for Central Piedmont students.

[VISIT WEBSITE](#)

Salisbury VA Health Care System

Mental-health and suicide-prevention support for veterans and their families.

[VISIT WEBSITE](#)

Safe Alliance

Support for people impacted by domestic violence and sexual assault in Mecklenburg County.

[VISIT WEBSITE](#)

PFLAG Charlotte

Support, education and advocacy for LGBTQ+ people, families and allies.

[VISIT WEBSITE](#)

NAMI Charlotte

Free education, support and advocacy for people affected by mental-health conditions.

[VISIT WEBSITE](#)

Charlotte's Off-Broadway

Producer of RIGHT BEFORE I GO and an intimate home for adventurous theatre in Charlotte.

[VISIT WEBSITE](#)

Time Out Youth

Free counseling, housing support and affirming programs for LGBTQ+ youth ages 13-24.

[VISIT WEBSITE](#)

VisArt Video

Film education, community screenings and a nonprofit film library of more than 50,000 titles.

[VISIT WEBSITE](#)

Guerilla Poets

Art, music and poetry/writing programs in shelters, schools, centers and community settings.

[VISIT WEBSITE](#)

PRN - Promise Resource Network

Peer-led recovery support, respite, education and advocacy for mental illness, substance use and trauma.

[VISIT WEBSITE](#)

Thrive by Design

Art therapy, creative-wellness workshops and consultation for individuals, educators and organizations.

[VISIT WEBSITE](#)

The Warrior Within Healing

Holistic sessions, workshops and retreats for emotional wellness and life transitions.

[VISIT WEBSITE](#)

Mental Health America of Central Carolinas

Education, advocacy, free counseling, peer and family support, and suicide-prevention training.

[VISIT WEBSITE](#)

Support is available

This experience includes real stories involving suicide, suicidal thoughts, mental illness, grief, trauma and loss. Pause, step away or seek support whenever you need.

CALL OR TEXT 988	Connect with the 988 Suicide & Crisis Lifeline for free, confidential support, 24/7. You can also chat online.	988LIFELINE.ORG
CALL 911	If there is immediate danger or a life-threatening emergency, call 911 or go to the nearest emergency department.	
VETERANS CRISIS LINE	Dial 988, then press 1; text 838255; or use the online chat for confidential crisis support for veterans and their loved ones.	VETERANSCRISISLINE.NET

A NOTE ABOUT THIS GUIDE

This guide recognizes participants and points visitors toward community information. It is not a directory of every mental-health service in the Charlotte region, and inclusion does not constitute a clinical referral or guarantee of services. For a broader, curated local resource hub, visit [MIND THE GAP](#).

The Bridges Project • Threads to Hope • Community Resources • Post-Show Conversations

Presented by Mental Health Reimagined. RIGHT BEFORE I GO produced by Charlotte's Off-Broadway. Courageous Connections portraits by Jeff Cravotta.

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