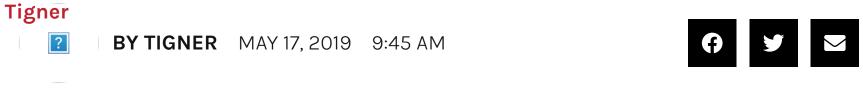
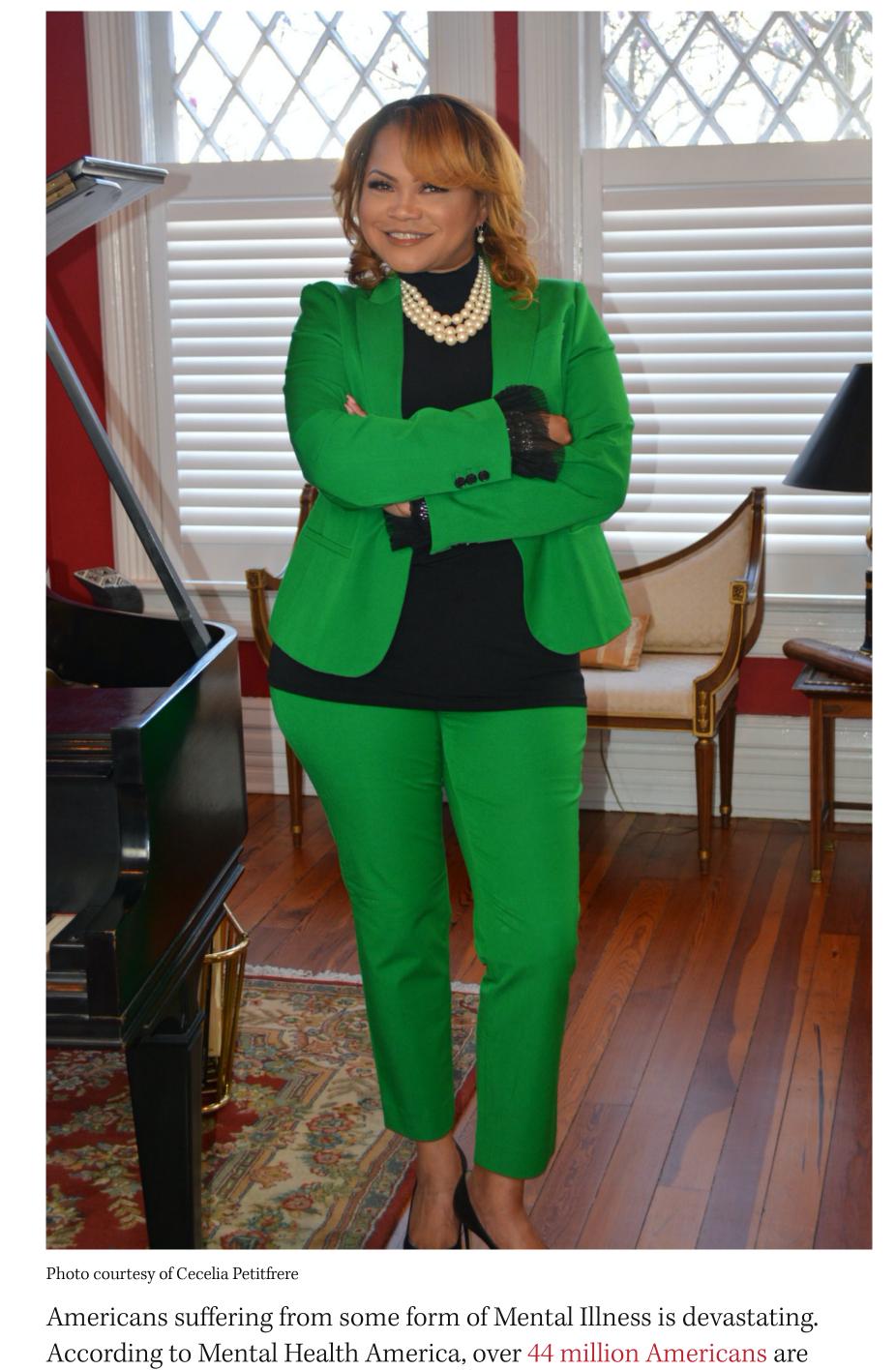
rollingout

NEWS2

Dr. Monique Aguirre addresses mental illness, helping ladies learn to stand





stigma?

with certain problems.

During the month of May, mental illness awareness is observed. In observance of Mental Illness, *rolling out* spoke with Dr. Monique Aguirre, affectionately known as Dr. Mo, regarding her women's conference — We Bend; We Don't Break "Still Standing." The conference will focus on the

affected by some form of mental health issues.

Which stigmas affect the Black community regarding mental illness? There is an embarrassment attached to mental health in the Black

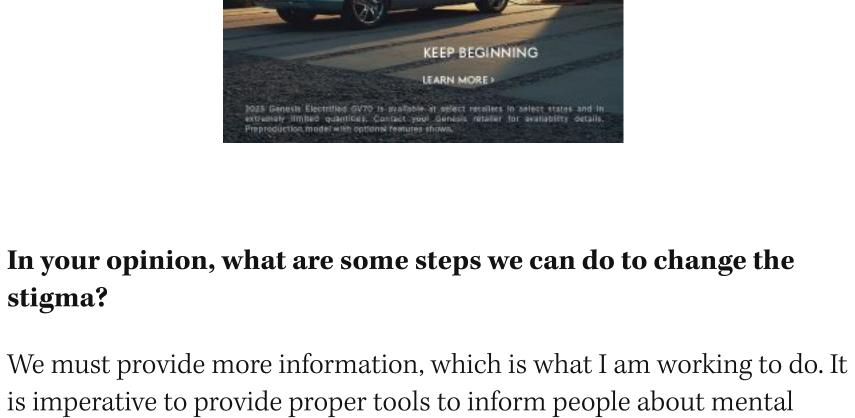
community, wherea many feel that they don't have a problem and there

is no need to seek help. The stigma lies in the statement of "being crazy,"

stigmas of mental illness and discuss ways to openly address the issue.

instead of, "I need to talk to someone about my problem or my issues to work through some things."

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Is "We Bend; We Don't Break" a way of breaking down stigmas? The event is a way to help ladies break the silence or the stigma of being

conference is to show other women that you can make it out. You can

embarrassed about abusive relations. It is a silent killer, and this

health issues to help the awareness, as well as to help in how to identify

survive and live on and you have a village around you to help. Just speak out. Tell us more about "We Bend; We Don't Break" and what can people expect?

This conference will be thought-provoking because there are four strong

disruption within their personal lives. They lived through situations that

at a point they did not know if they could or would survive day-to-day.

women with four different stories that caused some form of mental

What are some things you have done to increase a healthy approach to life?

I am a praying woman daily. I eat healthy. And I try to vacation at least

three times a year — two small vacations and one big — to relieve stress.

And now they are here to speak about it.

I work out at least three times a week.

Why?

What are two valuable insights you've learned from counseling experiences? Everyone is different! There are no two clients the same. Listening is key and being present in the moment is valuable.

state [and] emotional state, which can help with a treatment plan. Dr. Monique Aguirre is the Chief Executive Officer of Resilient

a clinician to see, hear, determine and understand the client's mental

the diagnosis that must be made. Being present in the moment allows for

Counseling, Wellness, & Psychological Services LLC.