

# MAKING IT THROUGH

Mental Wellness | Updates | Events

## Happy Holidays!

We are sending our warmest holiday wishes your way. May the holiday season bring you good cheer and health throughout the coming year. Merry Christmas and a Happy New Year!

## Connect with us on Social Media!

**Twitter:** <https://twitter.com/MITMENTALLY>

**Instagram:** <https://www.instagram.com/makingitthroughmentally/>

**TikTok:** [https://www.tiktok.com/@makingitthrough?\\_t=8hMT9sZ3SF4&r=1](https://www.tiktok.com/@makingitthrough?_t=8hMT9sZ3SF4&r=1)

**Facebook:** <https://www.facebook.com/profile.php?>

## Love, Your Mind

The Huntsman Mental Health Institute and the Ad Council have come together to announce something truly transformative this week - a national mental health campaign called, "Love, Your Mind." This national campaign is aimed at creating a society that is open, accepting, and proactive when it comes to mental health. Visit [LoveYourMindToday.org](https://LoveYourMindToday.org) and share this amazing resource with others.



## Greetings

As 2023 comes to a end, we are now well into the final days of the fourth quarter of the year. We felt it was important to keep you updated. We are thrilled to announce that the **Making It Through** program will continue to make a difference in the lives of the young adults in our community throughout 2024. For the welfare of young adults, the **Making It Through** program has labored all year to dispel the stigma associated with mental health issues. We genuinely appreciate you and cannot wait to show you what we have in store! If you have contributed in any way to our movement, whether it be as a viewer or by spreading the word, we would like to extend our sincere appreciation.





## Manhattanville Community Day

Members of the *Making it Through* program’s mental health team (Sharon Cook, LCSW-R and Charisse Marshall, PhD Social Work) participated in Columbia University’s Manhattanville Community Day on Saturday, October 21, 2023. At the event they were able to hear directly the mental health challenges that students and community residents are experiencing. In addition, materials related to the *Making it Through* program were disseminated.

Sharon Cook, program mental health lead, was interviewed and quoted by reporters from Columbia’s Spectator newspaper; you can read the full article [here](#).

Participation in the event was facilitated by Manhattan Community Board 9 Health & Environment Committee. The Tau Omega Charitable Trust Fund, Incorporated is partnering with them to provide mental health information and resources for its residents ages 17 to 25 years old. Stay tuned for additional activities.

## Did you hear about our College Fair?

The Tau Omega Charitable Trust Fund, Incorporated collaborated with Tau Omega Chapter, Alpha Kappa Alpha Sorority, Incorporated to host an annual College Fair on Saturday, October 7, 2023. The event consisted of access to recruiters from over 30 college and attending workshops. Over 300 people attended. The Charitable Trust, as one of the event sponsors, took the opportunity to promote its *Making it Through* program by offering tips on managing college life and stress in a workshop setting. In addition, the program provided lunch to student attendees who participated in any of the workshops offered. We will keep you apprised of similar future activities.

