

MENTAL HEALTH AWARENESS

Why Mental Health Awareness Is So Important

Mental health awareness is essential because it saves lives. Period. We live in a world where people are silently suffering - putting on smiles, showing up to work, posting on social media - while battling overwhelming anxiety, depression, trauma, addiction, or hopelessness behind closed doors. Many are afraid to speak up because of stigma, shame, or fear of being misunderstood.

By raising awareness, we:

- **Break the stigma.** Talking openly about mental health helps people feel less alone and more willing to seek help without fear of judgment.
- **Encourage early intervention.** When mental health is treated with the same urgency as physical health, people are more likely to seek support before reaching a crisis point.
- **Create safe spaces.** Awareness cultivates empathy, compassion, and understanding in our communities, workplaces, and churches - where too often people hide their pain.
- **Promote healing and hope.** The more we talk, the more we normalize the reality that healing is possible. That it's okay to not be okay. And that there is always help available.

Mental health is health.

Just like we wouldn't ignore a broken leg or chronic illness, we can't afford to ignore what's happening in our minds and hearts.

Suicide remains one of the leading causes of death - especially among young people. Anxiety and depression are rising at alarming rates. And yet, so many suffer in silence.

I know that silence. I lived in it for decades. I know what it's like to smile on the outside while falling apart on the inside. That's why I speak up now. That's why mental health awareness matters. Because every life is valuable. Every story matters. And no one should have to walk through the darkness alone.

You are not a burden. You are not weak. You are not too far gone. Help is available. Healing is possible. And hope is real.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

Psalm 34:18

Using My Voice for Those Who Feel Silenced

I am a passionate advocate for mental and brain health. Having walked through the valleys of depression, anxiety, addiction, trauma, and emotional overwhelm myself, I know how lonely and dark that path can be. That's why I've made it part of my mission to use both my platform and my voice to speak openly about these struggles. If I can leave this world a little better off than when I entered, I'll know I fulfilled my life's purpose.

Through honesty, vulnerability, and my relationship with Jesus Christ, I've learned that mental health battles are not something to be ashamed of - they are something to walk through with support, compassion, and faith. I am committed to being real and honest with my listeners and encouraging conversations that de-stigmatize the emotional and spiritual pain people carry.

I still have days where I don't feel 100% - because I'm human, living in a spiritual world. Some days, the enemy's lies feel louder than the still, gentle voice of God. And when you add in the weight of spiritual warfare and demonic attacks, it can be overwhelming. But I know this: there is absolutely no way I could face any of it without Christ. Period.

Being a Voice for the Broken - Creating Safe Spaces Through Music and Ministry

When I moved to Nashville, I was doing what most artists do - writing nonstop, playing shows, networking. But eventually, I burned out. I wasn't creating from the heart anymore. The pandemic forced everything to pause. Alone in my house during lockdown, I felt more isolated than ever. No family, no partner, no friends nearby and no faith yet either.

About a month into the lockdowns, I was lying on my bed, overwhelmed by a wave of emotions I couldn't explain. That's when I heard a quiet whisper in my spirit - "Grab a pen and paper." So I did. Within ten minutes, the words and melody of "I Swear" poured out of me. It was as if heaven handed me a song. I hadn't even fully surrendered my life to Jesus yet, but He still chose to entrust me with something so powerful and personal. A song that would change lives including my own.

The song "I Swear" became a lifeline, not just for me, but for so many others. I've had people write to me saying it stopped them from taking their own life. One mother even approached me at a festival, sobbing, thanking me for saving her daughter. But I pointed her to Jesus. I'm just the vessel. He's the one who saves. That is what TRUE success looks like. No number of likes, followers, fame, or recognition could ever compare to the feeling of being a vessel for something that literally helped save a life.

“He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.”

2 Corinthians 1:4

That song marked a new chapter for me. I learned I didn't need others to collaborate with to create meaningful music. I had always doubted my writing skills, but when I set ego and negativity aside and allowed the creativity to flow, it was powerful. I've had many more moments like that since.

The lyrics carry the weight of real experience but also the promise of survival. It's a message to anyone who's ever felt invisible or on the edge: You're not alone, and your life has meaning.

Listen to “I Swear”

[I Swear by Clare Cunningham](#)

Why I Serve the Hurting and Forgotten and Why This Matters So Much to Me

I'm deeply involved with nonprofit organizations like 'The Recovery Church Movement', 'CreatiVets', The Wounded Warrior Project, 'Volunteers of America', and the 'Nashville Rescue Mission'. I care deeply about those navigating addiction, trauma, homelessness, PTSD, and mental illness and those incarcerated. These are not faceless issues - they are the realities many live with daily. Through music, testimony, and service, I do my best to reflect the love of Christ to those who feel unseen.

Changed Lives Change Lives

Through all of this, I've seen a truth that continues to inspire me: changed lives change lives. The healing and restoration I've experienced through Christ are not meant to stay contained within my own story - they are meant to overflow into the lives of others. For example, learning to

set healthy boundaries in relationships has allowed me to mentor and encourage people who feel trapped in toxic situations. Working through my own struggles with addiction and compulsive behaviors has given me the empathy and insight to guide others through their recovery journeys. Overcoming shame and embracing my identity in Christ has allowed me to speak confidently into the lives of those who struggle with self-worth, helping them see themselves as loved and valuable. Healed people heal people, and what begins as one small act of love, encouragement, or testimony can grow into a ripple of impact that spreads far beyond what I could ever imagine.

This principle drives everything I do in my advocacy, my music, and my ministry. Every conversation, every song, every moment spent walking alongside someone in pain is a chance to pass on the light that has been given to me. I've witnessed firsthand how sharing my testimony of survival and faith can inspire someone to take their first step toward healing, or simply remind them that they are not alone. It's a reminder that our own healing is not just personal - it's deeply communal, shaping the way we interact with the world and empowering others to believe in their own restoration.

This truth is at the heart of why I speak up, serve, and create. Each step in my journey - through struggle, healing, and faith - prepares me to walk alongside others, to offer a listening ear, a comforting word, or a song that speaks hope into their darkness. Looking back, I can see how mental health shaped my experiences, thoughts, and emotions in ways I didn't fully understand at the time. Struggles with anxiety, depression, and emotional overwhelm were often hidden beneath outward appearances, leaving me feeling isolated or misunderstood. Yet through awareness, support, and self-compassion, I began to see that caring for my mind is just as vital as caring for my body or spirit, and that my

own journey equips me to help others navigate theirs with empathy, insight, and faith.

My journey is still unfolding. But each step I take in faith and each song I write from the heart is a declaration of hope. I want to be a vessel of truth, love, and light for those who feel silenced. And I want people to know that no matter how far gone they feel, there is always a way back. Jesus will meet you there and remember following Jesus doesn't spare us from pain - but it means we never face it alone.

Reflection

Looking back, I can see how mental health shaped my experiences, thoughts, and emotions in ways I didn't fully understand at the time. Struggles with anxiety, depression, and emotional overwhelm were often hidden beneath outward appearances, leaving me feeling isolated or misunderstood. Yet through awareness, support, and self-compassion, I began to see that caring for my mind is just as vital as caring for my body or spirit.

These experiences taught me to pay attention to my patterns, recognize my triggers, and understand how my mind and emotions were wired differently. What once felt like weakness or failure became a doorway to insight, resilience, and the tools I needed to navigate life with greater awareness and intentionality - preparing me for the work of living authentically as someone wired differently.

Gentle Call to Action

If you are struggling, please don't stay silent. Reach out to someone you trust. Ask for help. Talk to a professional. Let the Church be the Church. And if all you can do today is whisper a prayer, know that God hears you. You are seen, you are loved, and your life matters.

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”
Galatians 6:2

Mental Health Support Resources

If you or someone you know is struggling or in crisis, help is available:

- **United States:**
988 Suicide & Crisis Lifeline
Call or text 988 or visit 988lifeline.org
- **International:**
findahelpline.com
(Connects you to local crisis support in over 150 countries)

You are not alone. Healing is possible. And hope is real.