

# Silence the Shame



COMMUNITY CONVERSATION

## RECAP

### NAVIGATING INFORMATION FOR INFORMED DECISIONS

#### Voting Wisdom: Guiding Lights in Media

This conversation explores the importance of misinformation's impact on mental health and informed voting. The speakers emphasize the importance of critical thinking, media literacy, and accountability in politics. They advocate for community engagement and the need to discern fact from fiction, especially during elections, to foster a culture of informed citizenship.

**"Politics is not a sport. The only people who lose are the *PEOPLE* at the end of the day."**

This conversation series focuses on the effects of political tension on mental health, especially regarding community involvement. In this discussion, you will discover:

- The distinction between misinformation and disinformation, understand their sources, and learn how these can shape public beliefs and attitudes, particularly in the context of elections and mental health.
- Practical strategies for fostering a culture of open dialogue and accountability within communities through building relationships, understanding diverse perspectives, and holding political leaders accountable for the information they disseminate.
- The importance of critical thinking skills and media literacy, evaluate information sources critically, discern fact from fiction, and engage in informed discussions about political and social issues.

#### Key Takeaways



Misinformation significantly impacts public perception regarding climate change, public health, and electoral integrity. This manipulation often exploits existing fears and mistrust among marginalized communities.



Addressing misinformation requires a multi-faceted approach, focusing on education, critical thinking, and identifying trusted sources to rebuild public trust. Empowering younger generations through media literacy training is essential for navigating today's information landscape.



The role of social media in disseminating information has significantly changed in recent years, particularly in relation to elections. People now rely heavily on social media for news, often influenced by algorithms and advertising.



Setting boundaries on media consumption is essential for mental health and well-being. Individuals should be mindful of their screen time and the nature of their engagements.



Watch this Community  
Conversation Now on YouTube  
at Silence the Shame TV

[WATCH HERE](#)



# PROFILES



## GAIL BROOKS

LINKEDIN: @THEBLK+CROSS

Gail has over 25 years of proven success in the development of cultural intelligence, strategic communications, and community-building solutions. She is the founder of The BLK+Cross, a racial equity consultancy that relies on the power of trusted messengers, cultural engagement and storytelling, to drive healthy, just, and sustainable change in socially vulnerable communities of color, in the real world, and the new social square (social media).



## DR. DAN REIDENBERG

LINKEDIN: @DANREIDENBERG

Dr. Dan Reidenberg is the Managing Director of the National Council for Suicide Prevention, Project Director at The Mental Health Coalition, is a Certified Psychological Autopsy Investigator who serves on several national and international editorial boards. He has presented to over 350,000 people around the world, written more than 60 articles and 5 book chapters, developed an evidence-based program, works with the leading technology companies, wrote the US Best Practices for Media Reporting on Suicide, created the only online peer support program for suicide, and a program for the construction industry and a comprehensive model work place suicide prevention program.



## ROHIT MALHOTRA

LINKEDIN: @ROHITMALHOTRA

Rohit Malhotra is the founder and executive director of the Center for Civic Innovation in Atlanta, his hometown city. His background is in social entrepreneurship, digital communications, open data and community organizing. He worked in leadership positions at Malaria NO MORE, Bono's ONE Campaign, the Democratic National Committee and the World Cup's 1GOAL Education for All Campaign. Most recently, he served as an Ash Innovation Fellow in the White House Office of Management and Budget, focused on the administration's efforts around social impact bonds and pay for performance. In 2015, he was appointed to the Board of Directors of the Metro Atlanta Chamber of Commerce, where he is the youngest serving member in recent history, and the National Basketball Association's first Diversity and Inclusion Council under the Atlanta Hawks. Rohit earned his BA from Emory University and MA in Public Policy from Harvard University's John F. Kennedy School of Government, where he was elected student body president and was a teaching assistant in social entrepreneurship and American politics. Rohit is a self-appointed expert on pizza and hip hop.

# 988

SUICIDE & CRISIS  
LIFELINE

CONTACT 988 IF YOU ARE  
EXPERIENCING DISTRESS OR IN CRISIS  
WITH YOUR MENTAL HEALTH

WHAT DID YOU THINK  
ABOUT THIS DISCUSSION?  
TAKE A BRIEF MOMENT TO  
LET US KNOW!



## RESOURCES

- [988 Suicide Crisis Line](#)
- [Guide to Advocacy](#)
- [www.georgiawatch.org](http://www.georgiawatch.org)
- [www.aliveandincolor.com](http://www.aliveandincolor.com)
- [WatchTheVoteATL.org](http://WatchTheVoteATL.org)
- [National Educational Association](#)
- [The Tribe](#)
- [Therapy for Black Men](#)
- [Therapy for Black Girls](#)

## STAY CONNECTED

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