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Health

'You Are Not Alone' exposes the truth behind silent pain

The film screening of the eye-opening documentary "You Are Not Alone," recently held at the Schomburg Center for Research in Black Culture, was a huge success. Over 200 people were in attendance to see the powerful film which explores many of the underlying social factors that contribute to high rates of depression among Black gay men—and exposes the raw truths behind their devastatingly silent pain.

The evening's event was dedicated to Gerald Franz, the brother of Terrie Williams' dear friend Madeline McCray. Franz was killed over 40 years ago for being a gay Black man—a victim of ignorance and hate.

Following the film screening, there was a panel discussion featuring Academy Award-nominated film director Lee Daniels; film and television producer Nathan Hale

Williams; journalist Patrick Riley; and assistant principal and mental health therapist Tanya Odums, LCSW-R. The panel discussion was produced by Communications Director of the Terrie Williams Agency Ryan Stewart and moderated by author of the critically acclaimed book "Black Pain: It Just Looks Like We're Not Hurting," Terrie M. Williams.

Everyone in the audience applauded the film, and many shared their personal journey of depression. The community discussion served to educate, inform and encourage many dealing with depression to seize every opportunity to express themselves and realize they are not alone in their suffering and that they can get non-stigmatizing/non-discriminatory help.

"You Are Not Alone" was created and produced by Guyanese-born journalist

and founder of Depressed Black Gay Men (DBGM) Antoine Craigwell, with re-enactments directed by triple NAACP Image Award winner Stanley Bennett Clay.

For more information regarding DBGM, please visit www.dbgm.org. To see a trailer of "You Are Not Alone," visit www.yana-thefilm.com.



L to R: Ryan Stewart, Lee Daniels, Antoine Craigwell and Terrie Williams



L to R: Lee Daniels, Tanya Odums, Patrick Riley, Nathan Hale Williams, Antoine Craigwell and Terrie Williams