

# CURRENTLY SEEKING Young Black Adults

## to Participate in a Culturally Tailored Mental Health Education Program



### WHO WE ARE:

We are a diverse team of researchers and community partners who want to promote mental health and wellbeing among young Black adults and their communities.

### WHAT WE DO:

We created a program to help people learn about trauma and substance use, called **Finding Emotional Empowerment and Lifelong Strength (FEELS)**. It was designed for (and by) young Black adults. We are doing a test of this program to make sure it's useful and relevant. This research study and your participation will help us to improve the program.

### WHAT WE'RE ASKING:

Participants will be asked to complete three surveys, plus attending group education sessions (about 90 minutes each week, for 12 weeks) in community locations. To be eligible, participants must:

- Self-identify as Black/African American
- Be 18 to 35 years old
- Have previous exposure to trauma

All eligible participants will be compensated \$250 for completing surveys and attending sessions, with chances to win additional gift cards throughout participation.

### TO PARTICIPATE:

Visit: <https://tinyurl.com/MHL-study> or scan the QR code below to see if you're eligible:



For more information, call or text (908) 274-1257  
or email Alex Bauer at: [agb133@rutgers.edu](mailto:agb133@rutgers.edu)