



Vibrant Emotional Health Media Contact:

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**Vibrant Emotional Health to Host Hundreds of NYC Frontline Healthcare Workers
at Wellness Exhibition**

Event at Mount Sinai Hospital promotes mental well-being and self-care of frontline workers

New York, NY (September 12, 2023) – [Vibrant Emotional Health \(Vibrant\)](https://www.vibrant.org/), one of the nation’s leading mental health organizations and the nonprofit administrator of the national 988 Suicide & Crisis Lifeline, and the Crisis Emotional Care Team will host up to 500 frontline healthcare workers in New York City at ***For You, With You***, a wellness event aimed at connecting attendees with opportunities for wellness education, self-care, and social support. This event is powered by funding from The Brave of Heart Fund, founded by the foundations of New York Life and Cigna, and administered by E4E Relief.

Lisa Furst, Chief Program Officer at Vibrant Emotional Health, discussed the important event and the critical role frontline workers play in mental healthcare. “We are thrilled to host so many incredible frontline workers here in New York City,” **said Furst**. “They help keep countless individuals free from harm while experiencing emotional distress, but we must equip them with the support and resources necessary to live a healthy and happy life. We hope this event is a valuable resource for those who attend and helps them develop personal and professional connections and support systems.”

The ***For You, With You*** wellness exhibition is expected to attract healthcare attendees from hospitals, emergency rooms, EMTs, and mobile crisis staff throughout the city. The event was created to address the disparity in the attention paid to frontline workers’ physical, mental, and emotional wellbeing. The health needs of frontline and healthcare workers are often overlooked despite the heavy burden faced by so many.

“We understand the challenges healthcare workers continue to face as they support the health and well-being of others, and we are honored to support Vibrant Emotional Health and their work to offer intentional and creative opportunities to invest in their emotional and mental well-being,” said Holly Welch Stubbing, president and CEO of E4E Relief. “When we first began our work on the Brave of Heart Fund, it was in response to an unprecedented event: the COVID-19 pandemic. Through that work, we discovered the need to support this community of passionate, driven and essential individuals on an ongoing basis, and it is our privilege to continue our involvement with partners who share our passion.”

For You, With You will take place on September 22 from 9 a.m. to 5 p.m. ET at The Mount Sinai Hospital, 1190 Fifth Avenue, 1st Floor Guggenheim Pavilion. There will be informative presentations and opportunities to experience wellness education, resources, and peer support strategies throughout the day at no cost to attendees.

“A wellness fair tailored to first responders’ mental health is not a mere event, but a profound recognition of the unique challenges they’ve faced over the years,” **said Amy Carol Dominguez, Director of the Crisis Emotional Care Team at Vibrant Emotional Health**. “At Vibrant, our goal is to promote the emotional and mental well-being of frontline workers and equip them to overcome challenges created or exacerbated by the COVID-19 pandemic.”

Vibrant’s groundbreaking emotional health solutions and support play a critical role in keeping people healthy and safe and providing essential services to communities when, where and how they need them.



In addition to the national 988 Suicide & Crisis Lifeline, Vibrant’s outreach includes community wellness programs, nationwide advocacy and education initiatives to promote mental well-being, and leading-edge phone, text and web-based hotline resources such as the Crisis Emotional Care Team, the Veterans’ Crisis Line, Disaster Distress Helpline, NFL Life Line and NYC Well.

Vibrant requests those interested in attending this free event register at this link:
https://vibranthealth.qualtrics.com/jfe/form/SV_7QHyzwZ1HV2SR4x0

For more information about Vibrant Emotional Health’s Crisis Emotional Care Team, visit
<https://www.vibrant.org/what-we-do/advocacy-policy-education/crisis-emotional-care/>.

About Vibrant Emotional Health

Vibrant Emotional Health is a non-profit organization that helps individuals and families achieve emotional wellbeing. For over 50 years, our groundbreaking solutions have delivered high-quality services and support when, where and how people need it. We offer confidential emotional support through our state-of-the-art contact center and crisis hotline services that use leading-edge telephone, text and web-based technologies, including the 988 Suicide & Crisis Lifeline, Disaster Distress Helpline, Veterans Crisis Line, and NFL Life Line. Through our community wellness programs, individuals and families obtain the support and skills they need to thrive. Our advocacy and education initiatives promote mental wellbeing as a social responsibility. We help nearly 5 million people live healthier and more vibrant lives each year. We're advancing access, dignity and respect for all and revolutionizing the system for good. Visit vibrant.org. And follow Vibrant on [Twitter](#), [Facebook](#) and [Instagram](#).

About Brave of Heart Fund

The Brave of Heart Fund was founded in May 2020 by the foundations of New York Life and Cigna and administered by E4E Relief. It was established to provide charitable grants and emotional support services to families of frontline health care workers, volunteers, and support staff whose lives were lost in the fight against COVID-19. The Brave of Heart Fund continues to honor the hard work and sacrifice of health care workers and their families via grants to nonprofit organizations working to address the long-term challenges they continue to experience. The fund also offers the scholarship funding for their spouses, domestic partners and children through the Brave of Heart Scholarship.

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