



NASHVILLE PUBLIC LIBRARY
615 Church St. | Nashville, TN | 37219

CONTACT: Ed Brown
Public Information Officer
Ed.brown@nashville.gov
615.862.5800 (desk)
502.475.6029 (mobile)

FOR IMMEDIATE RELEASE
Thursday, July 27, 2023

LIBRARY CONNECTS NASHVILLE WITH MENTAL HEALTH RESOURCES THROUGH YOUR MIND MATTERS



New Initiative Launches Saturday, Aug. 5

NASHVILLE, Tenn. – Nashvillians will soon have a powerful new resource to find trustworthy, up-to-date information about their mental health thanks to a new library initiative.

On Saturday, Aug. 5, at 2 p.m., Nashville Public Library will launch Your Mind Matters, a year-long initiative to connect Davidson County residents with mental health resources and experts.

Your Mind Matters is the latest offering from Be Well at NPL, an ongoing initiative to connect the community with health-related resources — including books, free classes, special events and more.

The library will kick things off with a special event at the Main Library, “Defining Masculinity: How Societal Pressures Contribute to Low Self-Esteem.” It’s the first in a series of events that focus on mental health for men of all experiences.

The free event will also be simulcast at the library's [Edgehill](#), [Hadley Park](#), [Looby](#), [Pruitt](#) and [Southeast](#) branch locations, as well as the [library's YouTube channel](#). No participants will be filmed during the event.

The initiative launches as men across the country face a mental health crisis, with men [committing suicide at 3.9x the rate of women](#) in 2021; [15% of men reporting they have no close friendships](#); and [nearly half of all instances of familicide](#) — perpetrated almost exclusively by males — ending in suicide.

“NPL has earned the community’s trust as a place for reliable health information where all are welcome through our Be Well at NPL initiative. I’m proud that we’re now expanding into another area of health,” Interim Library Director Terri Luke said.

To learn more about Your Mind Matters and Be Well at NPL, [visit the library's website](#).

About Nashville Public Library

With more than two million books, movies and music items to choose from — plus great programming and resources to improve early and adult literacy, STEAM, ESL, and other key skills — NPL is Nashville’s gateway to some of the best resources our city has to offer. Every year, across our 21-location system, thousands of visitors discover how our library lives up to our philosophy: At NPL, books are only half the story.

For more information, please visit library.nashville.org.