

Premier Mental Health Awareness Training by MonAmie's Business and Wellness Solutions

Evidence-based mental health and wellness training program provider



Bossier City, Louisiana May 6, 2023 ([Issuewire.com](https://www.issuewire.com)) - Months after nationwide initiatives began to end the COVID-19 pandemic, a local business, [MonAmie's Business and Wellness Solutions](https://www.monamies.com), has emerged with powerful momentum. MonAmie's is a consulting firm comprising leadership training, mental health awareness training, human resources, and organizational culture consulting services. The firm was founded by local entrepreneur and visionary, Amy Ogunyemi.

Amy Ogunyemi, President of MonAmie's Business and Wellness Solutions, established MonAmie's to support individuals and their family members living with mental illnesses, provide evidence-based mental health education that will improve mental health literacy, and reduce the stigmas associated with mental health conditions across our local community and nation. Prior to the COVID-19 pandemic, millions of Americans lived with mental health conditions. Mental health diagnoses have significantly increased for illnesses such as anxiety, panic disorder, post-traumatic stress disorder, suicidal ideation, and more.

Amy's visionary spirit compelled her to take action and develop a plan to collaborate with other business, religious, education, and mental health experts. This plan was to lead change initiatives within the Northwest Louisiana community and across the United States. MonAmie's is partnering with [Hope](https://www.hopefortheheart.org)

[for Good](#), a local 501(c)(3) organization founded by Michael and Dorothy Baker, to extend mental health support to residents of the Northwest Louisiana region. Hope for Good's mission is to put God's love into action by providing support for the advancement and empowerment of children and adolescents, wellness aid for physically and mentally ill individuals, compassionate assistance to the elderly, and support for families during unanticipated emergencies.

An impactful initiative has been launched by this dynamic duo, to offer MonAmie's exclusive Stress Less, Live More Transformation Program to residents of Northwest Louisiana. Due to the rising number of mental health diagnoses, longer wait for times for treatment services, and fewer mental health providers accepting health insurance, this team of mental health, social assistance, and business experts are providing a convenient alternative for families all over the United States to receive the support they require, even from the comfort of their own homes. This informative and captivating training program is transforming lives not only in Northwest Louisiana but also throughout the country.

To celebrate Mental Health Awareness Month, MonAmie's is proud to announce that, starting in May 2023, they will be hosting two monthly workshops aimed at educating and informing people about mental health. These informative and interactive workshops will be held at the Courtyard Marriott Hotel on the Louisiana Boardwalk. Our goal is to make these sessions accessible to everyone, regardless of their financial situation. We encourage organizational and church leaders to sponsor their employees and congregations so that they can attend these informative and necessary sessions. To ensure meaningful discussions among participants, we limit each session to 32 people. For further information or to register for these events, please visit MonAmie's Events online.

At MonAmie's, the team strives to promote intentional care for physical, emotional, and mental health. Their team of skilled consultants tirelessly strives to eliminate obstacles to mental health treatment which include but are not limited to feelings of shame, embarrassment about needing help, mental health stigmas, scheduling availability and logistical concerns, confusion about where to seek treatment, the financial burden of treatment, and some people feeling as though they can handle their problems on their own. Stigmas associated with mental health conditions lead to the perception that people are weak, not sick. These stigmas also lead to an us-versus-them mentality which is a significant public health issue.

Culture360°, MonAmie's business consulting division, works alongside organization leaders to develop work cultures that prioritize the well-being, psychological safety, and support of employees. Their expert analysis, diagnosis, and transformation techniques strive to create a positive and secure work environment that employees genuinely enjoy being a part of.

MonAmie's also offers a wide range of wellness products, including inspirational apparel, accessories, and books that serve as a positive reminder to people all over the world. Their online catalog showcases thoughtfully designed items that aim to promote peace, tranquility, and happiness for their customers.

To learn more about MonAmie's Business and Wellness programs, please visit their [website](#). MonAmie has recently introduced a new mobile app called "MonAmie's Revive." This app offers instant access to mental health education, coping techniques, and links to help people find professional support in their local area. It is designed to eliminate barriers and provide easy access to mental health education and treatment options. Currently, the app can be downloaded from the Apple App Store, and the Android version will be available soon on the Google Play Store.

Please note that MonAmie's Business and Wellness Solutions does not offer medical advice, diagnosis, counseling, therapy services, or treatment. The information published on their website or by this brand is

not a substitute for medical advice. It is essential to consult with a healthcare professional before taking any action.

If you're interested in contributing to the cause and promoting mental health literacy in your area, you can visit [Hope for Good](#) for more information on how to get involved. You can become a corporate sponsor or make an individual [donation to support the cause](#).

Media Contact

MonAmie's Business and Wellness Solutions

amy@monamiessolutions.com

318-545-5525 x828

Source : MonAmie's Business and Wellness Solutions, LLC.

[See on IssueWire](#)