

Book shines light on son's mental health battle, mom hopes it will encourage others to talk about their problems

By Olivia Johnson, 2023-05-19



On May 20, Pretty Good Books will host a book signing for Tracie Halcrombe, publisher of the novel “The Descent of the Goddesses” from 1 p.m. to 2 p.m.

“The Descent of the Goddesses” tells the story of four goddesses whose lives began with the creation of the universe. After years of peace, a door opens to Earth, piquing the fear and curiosity of an unknown place for the goddesses.

Halcrombe said the book was originally written by her son, Noah Christopher Lockhart.

“I self-published his work after his death to suicide in 2021. The book was supposed to be a graphic comic novel but was published as a manuscript,” Halcrombe said.

In memory of her son, Halcrombe created a nonprofit called Joy Inside Tears. The organization provides mental health resources, advocacy, support, educational training and counseling services to the community.

“My son’s book serves as a legacy and tribute to a person who was undiagnosed and suffered in silence. I hope that my story enables individuals to end the stigma associated with mental health,” Halcrombe said. “I want people to know that my experience can happen to anyone, and it is important to check in with ourselves and others.”

Halcrombe said Joy Inside Tears offers community support meetings inside Bank of America every fourth Tuesday at 6:30 p.m.

“This is a great way to reduce the stigma associated with mental health and address some much-needed conversations that are important to our communities,” Halcrombe said.

As a native of Ohio, Halcrombe said this will be her first book signing in Troup County.

“I am so excited to be here. Since we moved here in 2021, I have received nothing but love from this city. We love it here,” Halcrombe said. “I hope that people come out and help support this mission and participate in some way to acknowledge and celebrate Mental Health Awareness Month with us.”

She said proceeds from the book signing will go toward helping provide mental health resources and educational training in Troup County.

“It feels amazing to be able to give back. Joy Inside Tears offers adult mental health first aid training for individuals, corporations, public safety groups, and faith-based communities. We also facilitate MindUP programs for families and children and school staff,” Halcrombe said. “We are hopeful that grants will be able to support our future efforts. But as for now, we are thankful for the donations and proceeds from “The Descent of the Goddesses” book.”

For more information on Joy Inside Tears or to donate visit, www.joyinsidetears.com.

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