

URBAN ARTS MAGAZINE

Finding Joy Inside of Tears with Tracie Halcrombe

10/21/2022 | 8 Comments



Tell us about your non profit.

Joy Inside Tears 501c3 Nonprofit Organization provides resources, advocacy, support and educational training to the community. My mission is to end the stigma associated with mental health and to shed light on early intervention and suicide prevention.

Tell us about your book.

The book "The Descent of the Goddesses" was written by my son Noah before he died in 2021 by suicide. I self published the book to not only show

his creativity but to keep his legacy alive. The royalties from "The Descent of the Goddesses" supports the mission of Joy Inside Tears and other charities.

How are you managing the transition of your son?

With grace and dignity. I could not let Noah's death be in vain. The realization I had to accept is that he is gone from our presence physically but not spiritually. I have peace in knowing that. In my humanness, I have good days and bad days but I'm thankful that my good out weighs the bad.

How important is it that you use your lived experience to help others?

It is extremely important for me to speak out about what has happened. I have found that the more I talk about my experience and share information the more people are willing to share their own experiences. Just in the short time of exposing my truth, I have met at least 6 people that have experienced a loss to suicide. Before that I had not met or known anyone besides public figures or celebrities. My hope is to reach thousands on my journey.

What kind of legacy would you want your son to have?

One that is pleasing and acceptable to God. A legacy that surpasses my lifetime giving people hope. One chosen to change the lives of others by taking something painful and turning it into something beautiful.