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# SHE *is*

E MAGAZINE



TRACIE HALCROMBE

*as she talks more about  
Suicide Awareness, Being  
an author, and more.*

SHE IS THE SPOTLIGHT  
SHE IS HISTORY



# MEET TRACIE



*She's  
talking  
more about  
being an  
advocate  
for suicide,  
becoming  
an author,  
and more!*

Cover Story



## Bio

Tracie Halcrombe founded Joy Inside Tears after the loss of her son Noah to suicide in 2021. It became her mission to shed light on suicide prevention and mental health.

By sharing her story, she hopes to bring awareness of the stigma associated with mental illness and to encourage early intervention.



# The Interview

1. Who is Tracie outside of your bio?

*I am pretty hilarious! I love to laugh and enjoy life. I am a giver that loves to bless others. I love peace and listening to music. My husband bought me a 7 in 1 record player for Mother's Day and I am enjoying collecting vinyl from all the old artist. I soak in the tub for hours while burning candles and enjoying beautiful aromas. I pray, read, and meditate daily. I am a nurturer, optimist, peacemaker, and motivator who always hopes for the best even in the worst case scenario. I always look for something good to come out of any situation.*

2. What makes you different from other authors?

*The fact that I have not written a book makes me different from other authors. I self published one. My son left some great material to work with and I know that if he were still alive his work would have been published. My son had not even titled the book. That was done during the publishing process. Like any author, I had to get his book proofread and edited, come up with a jacket cover idea, figure out placement for his drawings and work diligently with the publishers staff to make his dream a reality. The only page I wrote in the book was the dedication page and bio. That part was very emotional for me. Writing from a mother's position to a son whom you love so dearly wishing he were here to see his vision come to pass was hard. I conjured up all the strength I had to keep going in hope that his legacy lived. What also may make me different, is that all royalties from his book are being donated to help fight suicide prevention.*

3. Suicide isn't talked about enough. What are you doing to bring more awareness to the Black community?

*Suicide was the second leading cause of death among Black Americans aged 15-24 in 2019. My hope is that by becoming involved within the inner city community, I will be able to provide awareness, educational training, support, resources and advocacy. Our communities need more in- person support groups to share our experiences. Over the last few years we have been isolated due to the pandemic and virtual interactions, which are great forms of communication have become the norm to reach the masses, however, you can not touch, hug or comfort someone who may need just that in the moment. Many people in our communities are suffering alone in silence. We definitely need to create more safe spaces for open dialogue to talk about awareness, early intervention and seeking the appropriate professional help before suicide occurs. We need to shed light on the stigma and normalize the inclusion of mental health as health. Mental illness is manageable and can be treated but we must first get rid of the cultural barriers in our communities that prevent us from seeking help.*

# The Interview

## 4. Who takes care of Tracie?

*God, my husband and I take good care of myself as well. Steve and I both have a vested interest in keeping each other safe, secure, and peaceful. My immediate, church family and small circle of friends all do a great job of taking care of me through prayer, support and encouragement.*

## 5. What's next for you?

*Whatever God has planned! I just want to be used by Him and to give Him glory in everything I do. Fulfilling His purpose for my life is all that matters to me. What I do know is that His plans never fail and are always big. I am posturing, submitting, and humbling myself for the many blessings that He is going to bestow upon me. The best is yet to come!*

## 6. What advice would you give the mother that's dealing with losing a child to suicide?

*I would tell mothers that they are not alone and that they do not have to go through grief alone. Joining a support group or counseling with a professional helps. I would tell mothers that at some point in their grief process they will be able to embrace the memories, photos and artifacts left behind and feel joy instead of sadness. I would share with mothers that it will get better and to trust in the faith they believe in and to be fully present in the healing process.*

## 7. Oftentimes we lack resources or the knowledge of resources available to us. What resources are you able to provide for suicide prevention?

*My first suggestion would be to get Mental Health First Aid trained. I became a National Mental Health First Aid Instructor with the National Council for Mental Wellbeing. Training is available for adults and youth. This helped me to better understand mental health challenges, illnesses and suicide intervention. I also became a member of the National Alliance of Mental Illness (NAMI) Georgia and the American Foundation of Suicide Prevention (AFSP). The list of resources in your cities and states are extensive. I would suggest reaching out to all sources related to suicide prevention.*

## 8. What's your 5 year goals?

*That's a good question. If it be God's will, I hope that my non-profit organization Joy Inside Tears is fully staffed, helping to reach millions nationally and globally in the fight to end the stigma associated with mental illness and suicide.*



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*~Tracie*

***Learn more about Tracie:***

***Facebook: <https://m.facebook.com/traciehacrombe>***

***Instagram: [@tracie\\_hacrombe?igshid=YmMyMTA2M2Y=](https://www.instagram.com/tracie_hacrombe?igshid=YmMyMTA2M2Y=)***

***Website: [www.joyinsidetears.com](http://www.joyinsidetears.com)***