



1911

KAPPA PULSE

CHAPTER HEALTH INITIATIVE



HEART
HEALTH



MENTAL
WELLNESS



PHYSICAL
FITNESS



BROTHERHOOD
ACCOUNTABILITY

A STRONG BROTHERHOOD STARTS WITHIN.

JUNE

NEWSLETTER

BISHOPVILLE-MANNING-SHAW AFB (SC) ALUMNI
KAPPA ALPHA PSI FRATERNITY, INC.

KAPPA PULSE

THE OFFICIAL HEALTH & WELLNESS NEWSLETTER OF THE
BISHOPVILLE-MANNING-SHAW AFB (SC) ALUMNI CHAPTER
KAPPA ALPHA PSI FRATERNITY, INC.

MENTAL HEALTH AWARENESS

Strengthening the Mind. | Strengthening the Body. | Strengthening the Bond.

A CHAPTER HEALTH INITIATIVE

Promoting holistic wellness through:

Physical Health

Mental Wellness

Emotional Well-Being

Brotherhood Accountability

Preventative Care

Healthy Lifestyle Choices

Achievement in Every Field of Human Endeavor

BROTHERHOOD • WELLNESS • IMPACT

KAPPA PULSE

Building Stronger Brothers, One Pulse at a Time

BISHOPVILLE-MANNING-SHAW AFB (SC) ALUMNI CHAPTER
KAPPA ALPHA PSI FRATERNITY, INC.

VOLUME 1 • ISSUE: MENTAL HEALTH AWARENESS • JUNE 2026

KAPPA PULSE

CHAPTER HEALTH INITIATIVE



HEART
HEALTH



MENTAL
WELLNESS



PHYSICAL
FITNESS



BROTHERHOOD
ACCOUNTABILITY

June is Men's Mental Health Awareness Month

June is Men's Mental Health Awareness Month, a time dedicated to raising awareness about the mental, emotional, and psychological well-being of men and boys. While men are often encouraged to be strong, resilient, and self-reliant, true strength also means recognizing when support is needed and taking steps to seek it.

Mental health challenges affect men from all walks of life. Stress from work, family responsibilities, finances, relationships, and life transitions can take a toll on overall well-being. Unfortunately, many men suffer in silence due to stigma, fear of judgment, or the belief that they must handle everything on their own.

This month, we encourage brothers to check in on themselves and one another. A simple conversation, phone call, or text message can make a meaningful difference. Prioritizing mental health is not a sign of weakness, it is an investment in living a healthier, more balanced life.

Signs You May Need Support

- Feeling overwhelmed, anxious, or stressed for extended periods
- Difficulty sleeping or changes in sleep patterns
- Loss of interest in activities you normally enjoy
- Increased irritability, anger, or withdrawal from others
- Difficulty concentrating or staying motivated



Ways to Support Your Mental Wellness

- Stay physically active
- Maintain meaningful social connections
- Practice self-care and stress management
- Set healthy boundaries
- Talk openly with trusted friends, family members, or mentors
- Seek professional support when needed

Mental Health Resources

988 Suicide & Crisis Lifeline

Call or text 988 anytime for free and confidential support.

Mental Health America

Provides screenings, educational resources, and support tools.

National Alliance on Mental Illness (NAMI)

Offers mental health education, advocacy, and local support groups.

Contact: 800-788-5131

Therapy for Black Men

A directory and resource hub focused on connecting Black men with mental health professionals.

Contact: 646- 246-3064 – Open 24 hours/7 days per week

KAPPA PULSE

— CHAPTER HEALTH INITIATIVE —



June 2026

As members of Kappa Alpha Psi Fraternity, Inc., we understand the importance of achievement, service, and fellowship. Let us continue to create spaces where brothers feel supported, heard, and valued. Checking on a brother may seem like a small act, but it can have a lasting impact.

This June, let's remind ourselves and those around us that mental health is health and every brother deserves support on his journey to wellness.

Yours in the Bond,

A handwritten signature in black ink, appearing to read 'Teddius D. Williams'.

Teddius D. Williams

Kappa Pulse Chairman

BE THE PULSE.

MAKE AN *IMPACT.*

A STRONG BROTHERHOOD STARTS WITHIN.

ONE CHAPTER ONE VISION ONE BOND

STAY CONNECTED



BMSKAPPAS.COM

BROTHERHOOD. *ACHIEVEMENT.* IMPACT.