# Taraji P. Henson to Host Mental Health Show for Facebook

The Oscar-nominated actress continues to advocate for mental health, especially in the Black community.

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Taraji P. Henson has been on a mission to spotlight and address mental health within the Black community since launching the Boris Lawrence Henson Foundation two years ago. Now, the actress will cohost a new Facebook Watch series on mental wellness, reports Variety.

For the series —the working title of which is Peace of Mind With Taraji—Henson and her longtime best friend, Tracie Jade Jenkins, who is the executive director of Henson's foundation, will interview celebrities, specialists and everyday individuals, especially Black people, about mental health problems.

"I'm looking forward to bringing this new talk series to Facebook Watch, where I can continue to create conversation around an issue that is near and dear to my heart," Henson said.

A premiere date for the series has not yet been announced, but each episode will highlight a different mental health topic. The program is part of Facebook's initiative for World Mental Health Day, which was observed October 10 and includes new mental health features and resources. Emotional Health, an app that provides tips from professional experts is one such resource.

"The work Taraji has done in the mental health space is inspiring, and we're thrilled to have her come to our platform to educate and entertain around this incredibly important topic," said Mina Lefevre, Facebook Watch's head of development and programming.

For related coverage, read "Taraji P. Henson Discloses Depression and Anxiety Problems."

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