

MEET DR. SHERRY

*Clinical Psychologist – Media Personality – Speaker - Author –
Mental Health Expert*



Dr. Sherry Blake is one of the most highly sought-after media experts in the area of mental health in the country. *Most* known as the therapist for WeTV's longest standing African American family reality series "Braxton Family Values," she has appeared as a guest expert on countless other shows including The Real Housewives of Atlanta, T.I. & Tiny Family Hustle, Love and Hip Hop Atlanta, Preachers of Atlanta, and Little Women of Atlanta.

Dr. Sherry has been featured on numerous other networks, radio, and print media including CNN, ABC, CBS, NBC, MSNBC, and HLN. She also has written a book "The Single Married Woman" and writes a weekly column "Ask Dr. Sherry" for Essence.com. As a result of her work in the media, she reaches millions of viewers that allow them to see the value of

mental health services.

Dr. Sherry successfully combines her direct style, skilled techniques, and a touch of humor to make talking with her non-threatening and her presentations outstanding. Dr. Sherry's presentations are filled with exciting thought-provoking content, powerful funny stories, and practical strategies to meet your goals and objectives. Her high energy, humor, expertise, and life changing insights have a lasting impact on everyone she meets.

Dr. Sherry is a licensed clinical psychologist with over 30 years and over 100,000 hours of direct and indirect service. She works with everyone from top celebrities in the entertainment, news, and sports arena to everyday people. Dr. Sherry earned her Ph.D. in Clinical Psychology from Vanderbilt University in Nashville, Tennessee. She also earned her Masters of Science Degree from Vanderbilt after graduating summa cum laude from Tennessee State University. Dr. Sherry has served on numerous Boards of Directors and as the President of the Metropolitan Atlanta Mental Health Association.

Much of her work focuses on empowering women to eliminate emotional barriers in order to achieve their goals. She addresses issues that emerge in relationships, especially during transition periods, regardless if it is in someone's personal or professional life. Dr. Sherry's work will challenge



and transform you to achieve heights that you never knew was possible.

Dr. Sherry is very passionate about helping others understand mental health and achieve emotional wellness. She is dedicated to reducing mental health stigma and increasing mental health awareness, especially in the African American and other underserved communities. Dr. Sherry is focused on helping faith based as well as non-faith based organizations understand and develop emotional wellness.

Dr. Sherry is a big believer that we all have to give back to help others. She gives back in multiple ways including through her nonprofit Edge Empowerment Foundation (EEF). The Edge Empowerment Foundation (EEF) is a nonprofit 501(c)(3) organization to educate, encourage, and empower individuals and organizations regarding mental health. The mission is to reduce mental health stigma, increase mental health awareness, and promote mental wellness in underserved populations. The Edge Empowerment Foundation (EEF) uses innovative nontraditional approaches that are educational, entertaining, interactive, and informative.



Dr. Sherry needs your help in making mental health and emotional wellness common household words. She realizes that we must remove the stigma and promote mental health/ emotional wellness in order for that to happen. Dr. Sherry believes that if we Educate Locally, we will Impact Globally! To learn more about Dr. Sherry, visit her instagram, twitter, or facebook @askdrsherry.