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## **Hogg Foundation Launches New Mental Health Podcast in Partnership with KUT and KUTX Studios**

AUSTIN, Texas – The Hogg Foundation for Mental Health has launched a new podcast, [Mind of Texas](#). Created in partnership with [KUT and KUTX Studios](#), the [pilot episode](#) of this monthly podcast aired on July 12.

*Mind of Texas* explores the shape of mental health in Texas, with an emphasis on Black and Brown voices. The show features in-depth conversations with guests who are playing a leading role in improving mental health for the diverse communities of Texas. The podcast will appeal to those who want to understand the importance of mental health, the social factors that influence it, and what people can do to help change those factors for the better.

"*Mind of Texas* exemplifies the Hogg Foundation's goal of presenting mental health issues in an accessible way that also respects the listener's intelligence," says Dr. Octavio N. Martinez, Jr., executive director of the Hogg Foundation. "Listeners get profiles in individual courage and resilience that don't lose sight of the larger systemwide issues affecting mental health in Texas."

*Mind of Texas* is a sister podcast to [Into the Fold](#), launched by the Hogg Foundation in 2014. The Hogg Foundation and KUT and KUTX Studios believe the new podcast, modeled on *Into the Fold's* uniquely journalistic approach to mental health, will bring value to audiences.

"There is a glut of podcasts now compared to when *Into the Fold* first launched in 2014," says Ike Evans, communications manager at the Hogg Foundation and host of *Mind of Texas* and *Into the Fold*. "But it's a safe bet that there is still an appetite for the kind of in depth, journalistic approach to mental health that *Mind of Texas* offers the listener."

The first six-episode season runs through December with new episodes dropping the second Tuesday of each month. The topics are as follows:

- [Minority Mental Health: Women Knowledge Workers in Higher Education Show Themselves Out](#) (Jul. 12)
- [Austin State Hospital: Then and Now](#) (Aug. 9)
- Suicide Prevention Month: The Youth Suicide Crisis (Sep. 13)
- Unequal Discipline in Schools (Oct. 11)
- Ambiguous Loss and Complicated Grief (Nov. 15)
- The War on History (Dec. 13)

ABOUT THE HOGG FOUNDATION FOR MENTAL HEALTH

Established in 1940, the Hogg Foundation for Mental Health envisions a future in which the people of Texas thrive in communities that support mental health and well-being. Using a variety of approaches, including grantmaking, convening, research and public policy, the foundation works collaboratively to transform how communities promote mental health in everyday life.

KUT and KUTX Studios produce news and music podcasts for Austin, Texas and beyond. A department within KUT Public Media, KUT and KUTX Studios produces limited series podcasts such as Growth Machine: How Austin Engineered its Housing Market; and the award-winning The Disconnect: Power, Politics and The Texas Blackout; as well as the music podcasts Pause/Play, the Austin Music Minute and The Breaks.

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