



*"Black women are
like sunflowers—
rooted in resilience,
facing the light,
and thriving even
in the toughest
soil."*

ABOUT

KIERRA BENNETT, MSW, LCSW-A

Kierra is a Licensed Clinical Social Worker Associate (LCSW-A), life coach, and mental health advocate based in Durham, NC. A proud graduate of the University of Kentucky, she earned her Bachelor of Social Work in 2018 before pursuing a Master of Management and Leadership from Campbellsville University in 2019. In May 2022, she returned to Campbellsville to complete her Master of Social Work, solidifying her dedication to uplifting and empowering others.

Kierra began her career in child protection with the Cabinet for Health and Family Services in Louisville, KY, where she served as a passionate advocate for youth. Acting as a bridge between students, their families, schools, and community stakeholders, she championed the voices of young people and prioritized their well-being. Her journey then led her to Houston, TX, where she supported survivors of domestic violence and sexual assault at the Resource and Crisis Center of Galveston County, deepening her expertise in crisis intervention and case management.

With an unwavering commitment to fostering mental wellness, Kierra has become a sought-after trainer and facilitator.

She is a certified instructor for Adult, Youth, and Teen Mental Health First Aid, as well as a facilitator for Applied Suicide Intervention Skills Training (ASIST) and ASK+ Suicide Prevention programs. Her work centers on equipping individuals and communities with the tools to address mental health challenges with empathy and understanding.

Currently, Kierra serves as the Instructor Certification Manager for Mental Health First Aid at the National Council for Mental Wellbeing. In this role, she oversees instructor certifications, ensures compliance and quality assurance, and collaborates with organizations to achieve their mental health initiatives. Whether reducing stigma around mental health or consulting with workplaces to foster inclusive and supportive environments, Kierra is driven by a mission to make mental health awareness accessible and impactful.

Outside of her professional roles, Kierra finds joy in inspiring others, particularly Black women, to embrace their mental wellness journeys unapologetically. Her life's work is a testament to her belief that healing, resilience, and empowerment are within everyone's reach.