IT'S OKAY TO ASK FOR HELP

Finding Support During Difficult Times

Life can be tough, and it's natural to feel misunderstood. Fortunately, you don't have to face these challenges alone. Below are some links that can offer you the support and guidance you need.

Therapy For Black Girls: Therapy for Black Girls aims to provide mental health resources that are specifically relevant and easily accessible for black women. The website offers various features, such as finding a therapist in your local area, joining sisterhood circles, listening to podcasts, and many more.



Open Path Collective: Affordable Counseling: Sometimes therapy can be unaffordable, but Open Path provides affordable in-office and online psychotherapy sessions

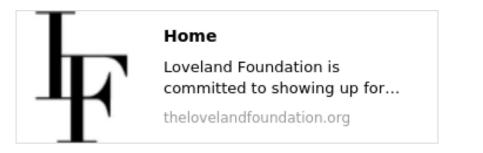


Affordable Counseling | Affordable Therapy | Ope...

Open Path connects clients in...

openpathcollective.org

The Loveland Foundation: The organization offers financial aid to black women and girls who are seeking therapy.



The Black Brain Campaign: The organization offers a total of 12 therapy sessions free of charge.

