

# 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](http://openpathcollective.org)


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



**Home**


Loveland Foundation is  
committed to showing up for...  
[thelovelandfoundation.org](http://thelovelandfoundation.org)

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



**Home**

Who Are We The Black Brain Campaign is geared to help the community learn more about mental health and to advocate to ensure treatment is provided with cultural...

 The Black Brain Campaign /