

Healing is an Act of Resistance

July is **Minority Mental Health Awareness Month**, and at Hope In Her, Inc., it's all about making sure we're building the community we need to get through these tough times.

Our mental health is more than a hashtag, its access and care. This means more groups, more capacity, and more ways for you to access real care. Here is what's happening this month!

Black Mental Health Matters Help Us Hit 50!



We sold this shirt for the first time almost 10 years ago. This July, we're runnin' it back to reach our goal of selling 50 (or more) shirts by July 10th!

Every shirt funds a free therapy session for someone in our community without insurance. Nearly **600,000** black women lost their jobs last year, and 5 million Americans are uninsured due to the end of ACA tax credits. No one should have to choose between therapy and basic necessities. This is one way we help them.

If you can, purchase a shirt to give community to someone who needs it!

Scan QR or
click link to
get your
shirt!



GET YOUR SHIRT!

The shirts are limited and won't be available after July 10th.



HEALING HEARTS:

A New Cohort Begins This Month!

This cohort, we're holding space for three specific experiences:

- **How Do We Forgive Our Mothers?** For the adult daughters carrying the weight of toxic mother/daughter relationships.
- **Fix Your Face:** For Black Women navigating Workplace Trauma
- **Both/And:** A space for those struggling with biracial identity and belonging.

LEARN MORE

01.



scan to sign up!



02.

WE ARE GROWING!

We're excited to share that new therapists have joined the Hope In Her team which means more therapy openings than we've had in a while.

If you've been waiting for a spot, or if it's been on your list to finally start, now is a great time to reach out. Whether you're looking for ongoing support or just want to talk to someone about where to start, we have room for you.

WELCOME TO THE TEAM



scan to sign up!

or visit www.hopeinher.org



Kiara B., LCSW-A
North Carolina

Serving Clients 13 years old and up

- Trauma
- anxiety
- stress management
- depression
- self-esteem and identity challenges



Brittany Thomas, LMSW
Louisiana

Serving Clients 18 years old and up

- Life transitions
- anxiety
- stress management
- depression
- self-esteem and identity challenges