

JOIN THE OFFICE OF CARE AND CIVILITY IN CELEBRATING

**BLACK**

**HISTORY**

**MONTH**

## Let's Talk About Mental Health



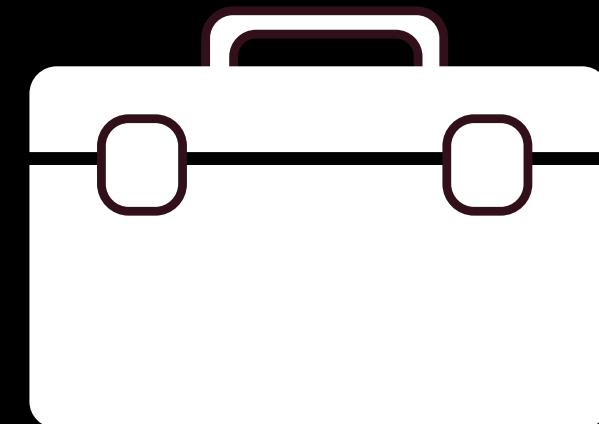
Listen to the [Therapy for Black Girls Podcast](#)  
A weekly chat about all things mental health,  
personal development, ect.



Tune into the [Couched In Color with Dr. Alfiee Podcast](#)  
Designed to elevate conversations about  
mental health in diverse communities



Check out the "[Let's Talk! Resource Guide](#)"  
by the Boris Lawrence Henson Foundation  
This is a directory of mental health providers  
and programs serving the African-American  
community



Try out different [wellness tools](#) curated by  
BEAM (Black Emotional and Mental Health  
Collective) ranging from journal prompts to  
affirmations