

# Mental Health Newsletter

July | 2024



## Highlights

### BIPOC Month

### New Hope Counseling

### Talkspace

## Article

- ▶ "3 Ways POC Can Prioritize Growth in the Face of Hardship."

## Mental Health Challenges

July is Black, Indigenous, and People of Color (BIPOC) Mental Health Month, which was originally designated as "National Minority Mental Health Awareness Month." This month, Talkspace at Kish, aims to bring awareness to the unique mental health challenges faced by historically disenfranchised and oppressed racial and ethnic groups in the United States. It's essential to recognize and address these challenges to ensure culturally informed and sensitive care.

Here are some therapist-based strategies that can contribute to personal growth and well-being, especially for POC (People of Color):

1. Reframe Rest as Self-Care: In a society where, marginalized individuals often face preconceived biases and scrutiny, it's emotionally exhausting to constantly prove oneself. Recognize that rest is a form of self-care. Embrace it without feeling guilty or pressured to keep pushing beyond your limits.
2. Practice Unconditional Self-Acceptance: Striving for perfection and self-optimization can become a rat race. Accept that it's okay to be flawed and that personal growth doesn't require constant comparison or competition. Unconditional self-acceptance allows room for growth without unnecessary pressure.

## New Hope Counseling

The New Hope Counseling Center has a team of licensed counselors that offer individual, couples, family, and group therapies. Their services cover a wide range of issues including:

- Depression
- Anxiety
- Substance Abuse
- Grief and loss
- Trauma
- Coaching

New Hope accepts both insurance and self-pay options. For more information and to schedule an appointment visit their [website](#) or call the DeKalb office at 815-754-5727.

Mental health is a journey, and seeking support from therapists who understand your unique experiences can make a significant difference. Talkspace's diverse network of licensed therapists can provide culturally sensitive care tailored to individual needs.

Kishwaukee College provides a free online personal mental health tool. To setup your account and access free services, follow the instructions below:

1. Visit [www.talkspace.com/kish](http://www.talkspace.com/kish)
2. Click "Get Started"
3. Enter "KishTherapy" when prompted for your organization name