

PsychoSocial

NEWSLETTER

WELCOME

WRITTEN BY LUIS CORNEJO, LMFT

I want to personally thank everyone who has signed up for our newsletter. PsychoSocial can only spread its message with your help! During the last couple of months we have been working on creating content that not only inspires, but also creates conversations. Part of our mission is to de-stigmatize mental illness and mental health. What better way to do this than by openly sharing, talking about, and creating content that mainstreams this message!

As we go into Thanksgiving weekend remember that not everyone has a home or family to go to. For those of us who are fortunate make sure you show your loved ones gratitude. If you want to find ways to advocate for mental health and support those struggling with a mental illness then make sure you check out one of our recent posts, "6 Ways You Can Promote Mental Health Awareness and Empower Others To Do the Same" by Dr. Shainna Ali.

Happy Thanksgiving Everyone!

SPOTLIGHT FEATURES (CLICK ON PICTURE)

Demystifying Therapy Part 1: Just. Do. It.

Presented By

PsychoSocial
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Have you thought about going to therapy, but something is stopping you? It's not uncommon to have reservations. "Through the Eyes of a Therapist" creator Cristal Martinez Acosta share some tips on how to get started on your mental health journey.

PsychoSocial Exclusive Interview

As part of our cultural healing practices series we met and spoke with Irma Alvarado who shared with us about her experience with plants and how to make Agua Florida!

SUPPORT PSYCHOSOCIAL

DONATE TODAY OR BUY A SHIRT!

Join us in our mission to educate others about mental health. Our PsychoSocial Splatter Line is both fashionable and comfortable. The money helps support our mission to continue creating and bringing you great content. Not only will you look great, but you will also be supporting us in our fight to de-stigmatize mental illness!



"Mental health is something that we all need to talk about, and we need to take the stigma away from it. So let everybody know it's OK to have a mental illness and addiction problem."

-Demi Lovato



Join Our Team

Interested in contributing to PsychoSocial? If you have a passion for mental health, advocacy, lifestyle, art, creativity, or want to share your story, send us a message and you may be featured!

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