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## MENTAL HEALTH ARTICLES & INFORMATION

### ***So You've Decided To Go To Therapy***

<https://www.lakeitadcarter.com/post/so-you-ve-decided-to-go-to-therapy-top-questions-to-ask-before-choosing-a-therapist-part-iii>

### ***Professional Networking in Psychology***

<https://www.psychology.org/resources/professional-networking/>

### ***Networking: Are You Connected?***

<https://www.apaservices.org/practice/business/marketing/building/networking>

### ***Networking for Therapists: The Power of the Handshake***

<https://www.goodtherapy.org/for-professionals/marketing/traditional-advertising/article/networking-therapists-power-of-handshake>

### ***Networking Tips for Therapists Who Think They Don't Know How to Network***

<https://melissarae.studio/the-boss-blog/networking-tips-for-therapists-who-think-they-dont-know-how-to-network>

### ***Networking Strategies for Therapists***

<https://www.therapysites.com/networking-strategies-for-therapists/>

### ***How to Perfect Your Elevator Pitch as a Mental Health and Counseling Intern, Clinical Supervisee, or Practicum Student***

<https://www.mojozy.org/blog/how-to-perfect-your-elevator-pitch-as-a-mental-health-and-counseling-intern-clinical-supervisee-or-practicum-student>



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## MENTAL HEALTH ARTICLES & INFORMATION

### ***Copeology***

[https://www.amazon.com/stores/Dr.-Joanne-Frederick/author/B093BFHFWN?ref=ap\\_rdr&store\\_ref=ap\\_rdr&isDramIntegrated=true&shoppingPortalEnabled=true](https://www.amazon.com/stores/Dr.-Joanne-Frederick/author/B093BFHFWN?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true)

### ***How To Find a Therapist Who Really Gets You***

<https://frenshe.com/how-to-find-a-therapist-who-really-gets-you/>

### ***A Tale of Two Rape Disclosures: What to Do When You Hear a Most Painful Secret***

<https://psiloveyou.xyz/dos-and-donts-of-how-to-respond-when-someone-tells-you-they-ve-been-raped-632adf1d3dee>

### ***Black women face unique mental health challenges, psychologist says***

<https://www.baltimoresun.com/maryland/baltimore-city/bs-md-black-women-mental-health-20190316-story.html>

### ***'Strength isn't what you carry': Black women open up about mental health***

<https://globalnews.ca/news/7603788/black-women-mental-health/>



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## TREATMENT REFERRALS

**AFRICAN AMERICAN COMMUNITY** [Melanin and Mental Health](#)

[Therapy for Black Girls](#)

[Therapy for Black Men](#)

**LGBT COMMUNITY** [Pride Counseling](#)

[National Queer and Trans Therapists of Color Network](#)

[World Professional Association for Transgender Health \(WPATH\)](#)

[The National Queer & Trans Therapists of Color Network \(NQTTCN\)](#)

[QTPOC Mental Health Practitioner Directory](#)

**ASIAN AMERICAN COMMUNITY** [Asian Mental Health Collective](#)

[South Asian Therapists](#)

**LATINX AMERICAN COMMUNITY** [Latinx Therapy](#)

[Therapy for Latinx](#)

**PEOPLE OF COLOR & INDIGENOUS PEOPLE** [Inclusive Therapists](#)

[InnoPsych](#)

[Therapy In Color](#)

**OTHER** [Referral Directory - Association of Sexuality Educators, Counselors and Therapists](#)

[Find a Psychologist](#)

[Find a Marriage & Family Therapist](#)