5 REASONS WHY

THERAPY IS IMPORTANT FOR BIPOC COMMUNITIES





You Can Work on Relationships With Others

Therapy can change how you interact with people in your life and even give you a new perspective on how to positively engage with others.



Your Can Process Racial Trauma

Therapy allows you to unpack, discuss and process the impact that racial trauma plays in your life. Be sure that your therapist has cultural competence and has experience in this area.



You Can Better Understand Your Thoughts and Emotions

Therapy gives you the chance to explore confusing or uncomfortable thoughts and emotions.



You Can Learn New Coping Skills

Therapy can help identify major stressors in life and teach you how to manage them in a healthy way.



You Can Improve Productivity Long-term

Therapy can provide you with tools and techniques that can be used in real-world situations.

RESOURCES

Check out these helpful resources from ADAA to learn more about different types of <u>Therapy</u>.

To learn more about therapy, anxiety and depression, visit <u>www.adaa.org</u>

