



SUPPORT MHL TODAY

BIPOC THERAPY FUND

- **Free, quality therapy services for Black, Indigenous and POC community members.**
- Up to 12 sessions for 30 recipients / cycle.
- 25% are reserved for Disabled and/or Neurodivergent service users.
- **Service-Providers are professionally licensed, social justice-oriented, BIPOC community members.**
- Paid \$125 / session for their valuable work.

YOUR IMPACT

Your support helps us reach hundreds of participants + providers.

\$1k = 8 sessions

\$5k = 40 sessions

\$10k = 80 sessions

\$45k = an ENTIRE cycle

WAYS TO DONATE

We Welcome Checks To:

Mental Health Liberation
3439 SE Hawthorne Blvd #933
Portland, OR 97214

Donate Online:

mentalhealthliberation.org/support

LIBERATORY STUDENT SUPPORT

This program operates as a peer support group and mentorship circle. Participants are BIPOC mental health, social work, psychology, or counseling students. They receive access to:

- **Seasonal gatherings** for resource sharing, advocacy planning, and mutual support
- **Office hours to consult** on specific mental health topics with professionals
- Private Slack channel for **ongoing book clubs, discussion and connection**

Have questions? Want to support in an alternative way? We'd love to chat. Email

hello@mentalhealthliberation.org