

- [!\[\]\(71ac35c616fd8bfda805d579390e24d8\_img.jpg\) Share](#)
- [!\[\]\(b10a8b91056068472be58f587e00cb47\_img.jpg\) Tweet](#)
- [!\[\]\(26a0aa65ffdf9b4c0922ec277970eeda\_img.jpg\) Share](#)
- [!\[\]\(94aeee9c39a3a3d10654831c4bdd6b76\_img.jpg\) Share](#)



 Share

- [!\[\]\(38441ceaa711016e0bf2ad46ad394ff4\_img.jpg\) Share](#)
- [!\[\]\(6e027340d4263908f264926b1ad81c5e\_img.jpg\) Tweet](#)
- [!\[\]\(781510d64f329bf3c880acf086e884d6\_img.jpg\) Share](#)
- [!\[\]\(93cdf5b84f2bfec404f7441e84b6ba5c\_img.jpg\) Share](#)



# CW Psychological Services

CREATING HOPE FOR A BETTER TOMORROW

Dr. Christina Wohleber || <https://cwpsychologicalservices.com> || (610) 308-7575





JULY 2020

# MINORITY MENTAL HEALTH MONTH

---

As our society's current climate brings to light important movements like Black Lives Matter, reminding us to take a look at our own internal prejudices, I find it fitting that July is Minority Mental Health Month. Underrepresented minorities such as people of color, immigrants and their families, and LGBTQIA individuals face a host of additional obstacles when searching for treatment. Not only do the implicit biases of many healthcare providers hinder minorities' healing opportunities, but there are inherent qualities of different minorities that keep them from equal opportunity.



For example, members of the LGBTQIA community experience increased likelihood of body dysmorphia, emotional and physical abuse, and memory issues. But despite the staggering statistics (i.e. 39% of LGBTQIA individuals consider suicide while 20% sadly commit it), members of this community are much less likely to find sympathetic help. For another example, immigrant children are often being separated from their families at a young age and are at risk of lasting mental health issues, but will surely encounter difficulty in receiving treatment.



This month (and even beyond July 31), we encourage you to educate yourself, strive to understand those burdened with facing these difficulties, and replace your implicit biases with support and understanding for our underrepresented communities.

# ADDITIONAL RESOURCES

**Locate an LGBTQIA-friendly treatment center** [here](#)  
with an interactive map of over 1,600 facilities available in the United States.

---

Nearly 27% of transgender individuals are refused healthcare,  
but the Human Rights Campaign has provided a resource for  
**finding insurance for transgender-related healthcare** [here](#).

---

Don't be afraid to **ask your mental health provider these questions**  
to gauge understanding of you and the injustices you face as an underrepresented  
individual.

*1. Have you treated other people of color/members of the LGBTQIA community/  
immigrants/etc.?*

*2. Have you received training in gender and cultural competence?*

*3. How do you plan to integrate my sexuality/culture/identity into my treatment?*

As your mental health provider, we will play a significant role in your treatment,  
so it is important you feel understood.

We are more than happy to answer these questions and discuss your treatment.

---

**Locate further resources**, such as crisis support lines and diagnosis assistance  
programs [here](#).

---

## THE ROAD TO HEALING BEGINS HERE

[CONTACT US](#)

[SEE OUR FULL LIST OF SERVICES](#)  
[VIEW INSURANCE & PAYMENT OPTIONS](#)

**To set up an appointment with us, please reach out to us today!**

*Your health and wellbeing is our utmost priority, if you have any questions or concerns, please do not hesitate to contact our office.*

---



**[Learn more about Dr. Wohleber!](#)**

[RECENT NEWS](#)

MENTAL HEALTH RESOURCES

PHYSICAL HEALTH RESOURCES

In the event you have not yet subscribed to our monthly newsletter, but would like to,  
please click the button below!

SUBSCRIBE

CWPSYCHOLOGICAL SERVICES | CREATING HOPE FOR A BETTER  
TOMORROW  
| <https://cwpsychologicalservices.com/> |

Sent to: \_t.e.s.t\_@example.com

[Unsubscribe](#)

CW Psychological Services, 491 Allendale Road , Suite 301, King of Prussia, PA 19406, United States

Email Marketing by ActiveCampaign