

Pro-bono Therapy for BIPOC



Black, Indigenous, People of Color:

In the last few weeks we have witnessed police brutality and the murder of Black people across the country. This, paired with the long history of police brutality against the Black community, has affected the mental health of the BIPOC community at large.

I want to support your mental health by offering up to 8 free virtual therapy sessions, or to help connect you to a mental health therapist that will meet your needs. Your mental health is incredibly important; I want to help you prioritize it.

Mental Health Support

Islam Hassanein is a Registered Associate Marriage and Family Therapist (#93903) that has experience working with children, youth, families and adults. Islam has specific experience working with individuals who are in crisis and have experienced trauma.

As a Muslim woman of color, Islam strives to honor cultural, religious, and gender differences. Her main therapeutic approach is working with clients through a cultural humble lens. Islam has a passion for continuing her work with marginalized communities, especially people of color.

The collective mental health of People of Color, and Black people specifically, is greatly affected by the constant threat of safety from law enforcement. Islam is offering free, short-term, mental health therapy sessions to the BIPOC community specifically.

Accessing mental health can be challenging in a variety of ways. If you are interested in starting therapy, or would like to discuss mental health support in your area, please email Islam Hassanein at:

islamhassaneinmft@gmail.com

NOTE: You must identify as BIPOC, live in California, and be 18+ in order to qualify