



UNSTOPPABLE

WORKSHOP DIGITAL COMPANION

By Erica Robinson
In collaboration with
HEALTH MATTERS CLINIC

CONGRATULATIONS ON TAKING THE FIRST STEP!

**YOU'RE OFFICIALLY ON YOUR WAY TO BECOMING—
UNSTOPPABLE!**

**THIS GUIDE IS HERE TO WALK WITH YOU AS YOU LEARN, HEAL, AND GROW. SCAN THE QR
CODE BELOW TO EXPLORE EXTRA TOOLS, VIDEOS, AND RESOURCES THAT GO ALONG WITH
THIS WORKSHOP.**



YOU ARE POWERFUL. YOU ARE NOT ALONE. LET'S KEEP MOVING FORWARD—TOGETHER.

UNSTOPPABLE: WORKSHOP DIGITAL COMPANION

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This edition was created with love and intention for communities in motion—those healing, growing, and showing up every day. The content is for informational and educational purposes only and should not be considered a substitute for professional mental health services. If you or someone you know is in crisis, call or text 988 for free, 24/7 support.

Case Studies & References

The case studies and data in this workbook are drawn from peer-reviewed research and real-world accounts focused on mental health within Black communities. All sources are cited below for educational use and remain the intellectual property of their respective publishers.

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UNSTOPPABLE

THE POWER OF HEALING & GROWTH

Workshop Digital Companion Guide

By Erica Robinson

In collaboration with

HEALTH MATTERS CLINIC



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You've got the right to live without limits. If you or someone you know is facing barriers, This is your playbook.



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**FROM THE
DESK OF
THE DIRECTOR**

**ERICA
ROBINSON**

***START STRONG:
WHY THIS MOMENT—
AND YOU—
MATTER***

Welcome to *Unstoppable*.

This isn't just a workshop—it's a launchpad. A moment for clarity, courage, and real connection. Whether you're here for yourself, a loved one, or your community, this playbook is for you.

Inside, you'll find insights, strategies, and real stories designed to break barriers and build bridges.

We're here to unpack what healing looks like when it's rooted in justice, when it centers the Black experience, and when it honors the resilience of those living with visible and invisible disabilities.

You've already taken the boldest first step: showing up. Now, let's build something bigger—together.

Healing is not linear. But with the right knowledge, support, and intention—it is possible. You are not alone. You are not invisible.

YOU ARE UNSTOPPABLE.

- Erica Robinson

Executive Director | Health Matters Clinic

HOW TO USE THIS PLAYBOOK

This isn't just a guide—it's your starting line.

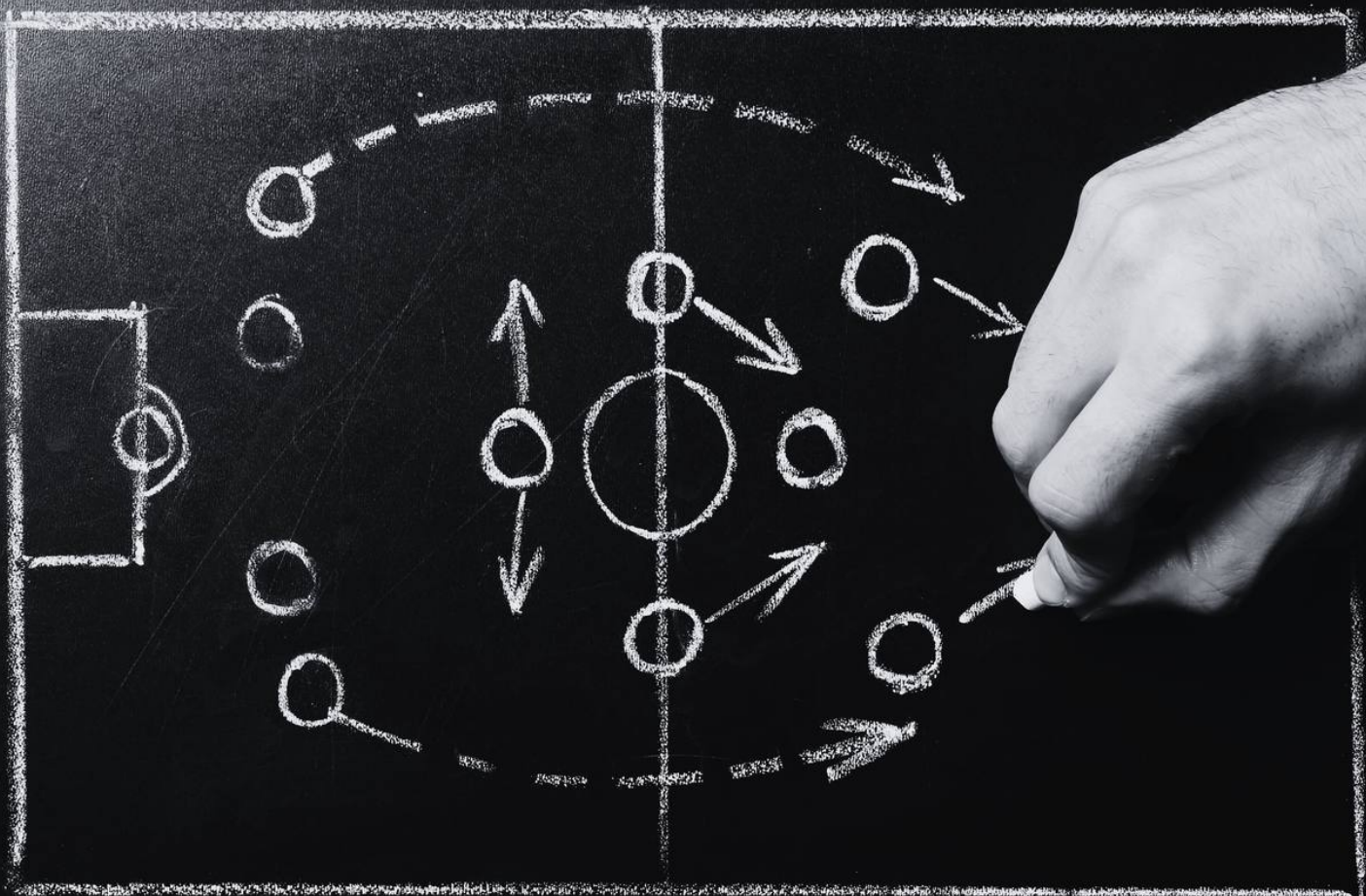
Inside, you'll find real tools to:

- Recognize early signs of stress and mental health challenges.
- Navigate the layered realities of race, disability, and mental health.

- Speak up and stand strong—for yourself and your community.

- Tap into what helps you heal, grow, and keep going.

This Playbook is here to help you move—forward, upward, and unapologetically.





INSIDE THE STORIES

**CASE STUDIES UNCOVERING THE
HIDDEN COSTS OF MENTAL
HEALTH DISPARITIES IN BLACK
COMMUNITIES**

THE SILENT WEIGHT OF STIGMA IN BLACK MENTAL HEALTH

Source: *Journal of Health Care for the Poor and Underserved*

Even with more people talking about mental health, many Black folks still feel scared to reach out. Especially when you've been taught to keep it together—no cracks, no breaks. There's fear of being judged. Fear of being misunderstood. And after too many bad experiences with the system, trust doesn't come easy.

Takeaway

Access isn't the finish line. Real change means breaking stigma, rebuilding trust, and honoring lived experience. That means providers who look like us. Language that sounds like us. Care that feels safe.

FOOD FOR THOUGHT

WHAT MESSAGES DID YOU GET—OR NEVER GET—ABOUT MENTAL HEALTH DURING A BIG CHANGE IN YOUR LIFE?

Act On It

Ready to break the silence? Tap into our wellness [events](#) and [Unboxed podcast](#)—where stigma ends and real stories begin.



THE MENTAL HEALTH CRISIS FACING BLACK MEN

UNSPOKEN STRUGGLES

Source: [American Psychological Association Monitor](#)

Black men often carry invisible burdens. Pressures to “man up,” stay silent, and push through are deeply rooted in both culture and survival. But this silence is costing lives. From systemic racism to economic inequality, the weight is heavy—and often unshared.

Takeaway

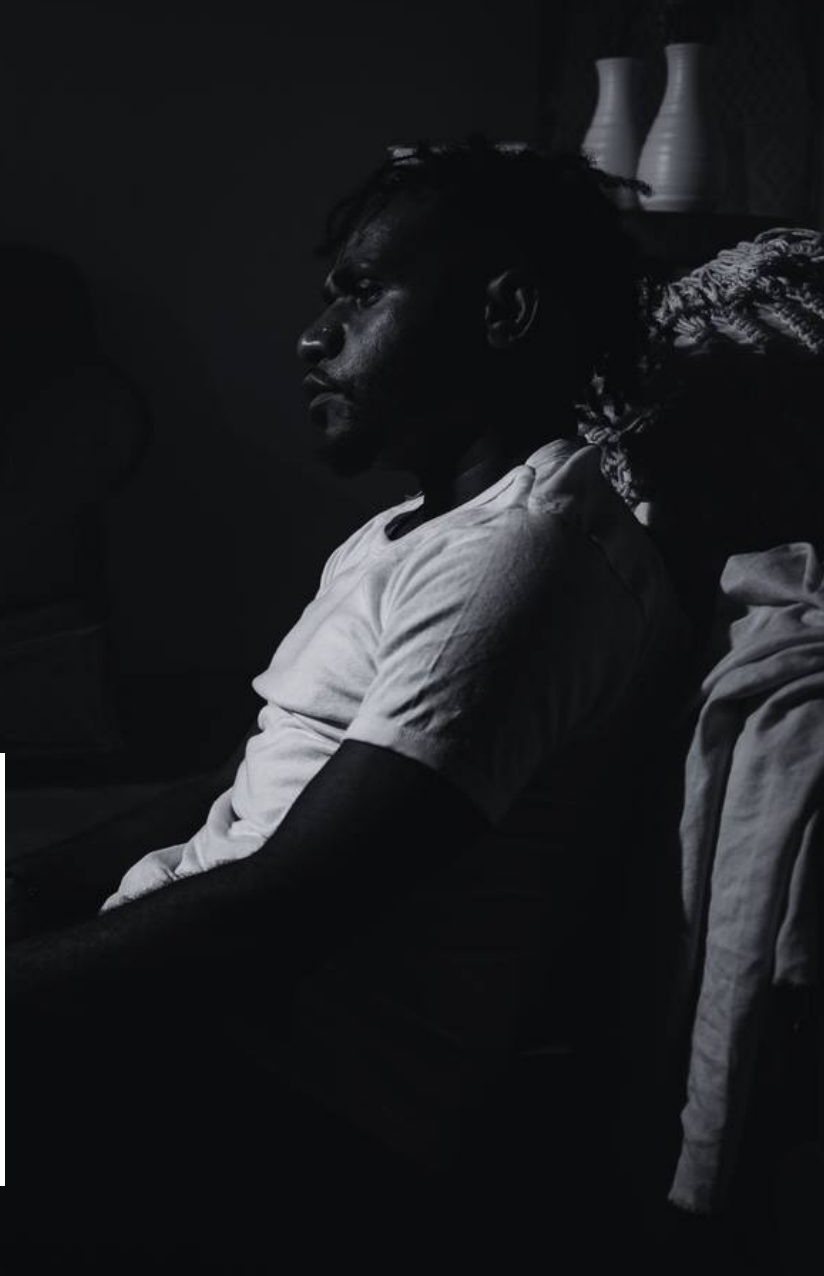
Change starts by flipping the script on masculinity. Feeling is not weakness. It’s power.

Food For Thought

What messages did you grow up hearing about what it means to be a strong man? Are they still serving you—or holding you back?

Act On It

Know a Black man carrying too much alone? Tap into our [Unboxed podcast](#)—real stories, real healing, made for us.



**“WHEN WE
HEAL
OURSELVES,
WE HEAL
GENERATIONS
BEFORE US
AND
GENERATIONS
TO COME.”**

— Unknown



WHAT'S STOPPING BLACK YOUTH FROM GETTING HELP?

BARRIERS BEYOND THE CLINIC

Source: [Children and Youth Services Review](#)

Three walls block the way: stigma, no trust, and no way to get there. Even if help exists, it's not always made for us. And young people know it.

Takeaway

To reach Black youth, we need to meet them where they are—with care that's real, not just clinical. That means showing up in schools, homes, and community spaces that feel safe, relatable, and rooted.

Food For Thought

If the system's not working, how do we build one that does?

If you could redesign mental health support in your neighborhood, what would it look like?

What would it feel and sound like?

Act On It

Are you a caregiver—or know a youth facing tough challenges?

[Explore the THRIVE Study](#) > for support, resources, and stipend opportunities.

THE HIDDEN TOLL OF MOVING WHILE BLACK

Source: [PLOS Mental Health](#)

Moving isn't just about a new address—it can shake who you are. For Black teens, it hits even harder. Studies show that migrating during adolescence can double the risk of psychosis. Why? Because you're not just adjusting to a new place—you're battling language gaps, racial bias, and pressure to fit in, all while still figuring yourself out.

Takeaway

Mental health care can't be one-size-fits-all. Black and North African youth need support that's culturally rooted, trauma-aware, and built for their journey.

FOOD FOR THOUGHT

WHAT MESSAGES DID YOU GET—OR NEVER GET—ABOUT MENTAL HEALTH DURING A BIG CHANGE IN YOUR LIFE?

Act On It

Tough transitions? Fuel growth. Tap into our youth-powered [programs](#).





THE STRONG BLACK WOMAN ARCHETYPE

STRENGTH AT A COST

Source: Journal of the American Psychiatric Nurses Association

Being “strong” has kept many Black women going—but it comes at a cost. Research shows that always holding it together—without rest, without room to fall apart—can lead to anxiety, depression, and burnout. Pushing through isn’t always power. Sometimes it’s pain in disguise.

Takeaway

Vulnerability isn’t weakness—it’s survival evolved.

Black women deserve spaces to let go, speak freely, and heal without judgment.

Food For Thought

What would it look like to lay the cape down—for a day, a moment, or just a breath?

Act On It

Tap into our wellness [events](#) and pop-up wellness spaces—for us, by us.



SUPPORT WHERE YOU ARE

YOUR CURATED LIST OF NATIONAL +
LOCAL MENTAL HEALTH RESOURCES—
NO FLUFF, JUST WHAT WORKS.

A 501C3 NONPROFIT ORGANIZATION
SERVING LOS ANGELES

MATTERS

HEALTH



REAL CARE.
REAL PEOPLE.

WE BUILD THE
KIND OF
SUPPORT WE
WISH WE HAD.

BEING UNSTOPPABLE

DOESN'T MEAN DOING IT ALONE.
WE'LL MEET YOU WHERE YOU ARE.

+ HEALING

HELPING

Mental Health & Wellness Programming
For schools, workplaces, and neighborhoods.

Podcast—Unboxed
Real talk. Real healing. Community-first.

Directory of Resources
National & Local support.

Workshops & Events—In-Person & Online
Experience it live or catch it later.

Start here. Stay connected. Keep going.
www.healthmatters.clinic

HEALTH MATTERS CLINIC



NATIONAL RESOURCES

988 Suicide & Crisis Lifeline

Phone: 988
Website: 988lifeline.org
24/7 confidential crisis support.

Crisis Text Line

Text HOME to 741741
Website: www.crisistextline.org
Free, text-based crisis support.

Veterans Crisis Line

Phone: 988, then press 1
Text: 838255
Website: www.veteranscrisisline.net

Health Matters Clinic

Website: www.healthmatters.clinic
Offering programming, training, podcast, & more for communities, schools, & workplaces to help individuals and organizations thrive.

National Alliance on Mental Illness (NAMI)

Helpline: 1-800-950-NAMI
Website: www.nami.org

Black Mental Health Alliance

Phone: (410) 338-2642
Website: www.blackmentalhealth.com

Black Men Heal

Website: www.blackmenheal.org
Free therapy and mental health support for Black men.

The Steve Fund

Website: www.stevelfund.org

Suicide Prevention Resource Center (SPRC)

Website: www.sprc.org

Substance Abuse and Mental Health Services Administration (SAMHSA)

Helpline: 1-800-662-HELP (4357)
Website: www.samhsa.gov

The Trevor Project

Phone: 1-866-488-7386
Text: START to 678678
Website: www.thetrevorproject.org

Mental Health America (MHA)

Website: www.mhanational.org

National Domestic Violence Hotline

Phone: 1-800-799-SAFE (7233)
Website: www.thehotline.org

National Sexual Assault Hotline (RAINN)

Phone: 1-800-656-HOPE (4673)
Website: www.rainn.org

Boys Town National Hotline (Youth Support)

Phone: 1-800-448-3000
Text: VOICE to 20121
Website: www.boystown.org
Crisis support for children, teens, and parents.

Black Emotional and Mental Health Collective (BEAM)

Website: www.beam.community

Therapy for Black Girls

Website: www.therapyforblackgirls.com

Therapy for Black Men

Website: www.therapyforblackmen.org

Mental Wellness Alliance

Website: mentalwellnessalliance.org

Black Girls Heal

Website: blackgirlsheal.org

NATIONAL RESOURCES CONT'D

Ourselves Black

Website: www.ourselvesblack.com

Mental health stories, podcasts, and resources centering Black voices.

Sista Afya

Website: www.sistaafya.com

Brother, You're on My Mind

Website:

www.nimhd.nih.gov/programs/educational/health-campaigns/brother.html

Black Mental Wellness

Website:

www.blackmentalwellness.com
National Organization for People of Color Against Suicide (NOPCAS).
Website: nopcas.org

Black Mental Wellness

Website: blackmentalwellness.com

Center for Healing Racial Trauma

Website: healingracialtrauma.com

Trans Lifeline

Phone: 1-877-565-8860

Website: www.translifeline.org

Liberation Meditation App

Website: www.liberatemeditation.com

Meditation and mindfulness for Black, Indigenous, and People of Color.

The Loveland Foundation

Website: thelovelandfoundation.org

Provides financial assistance to Black women and girls seeking therapy, aiming to bring opportunity and healing to communities of color.

The Confess Project of America

Website: theconfessproject.com

Empowers barbers to become mental health advocates, creating safe spaces for Black men and boys to discuss mental health.

Black Therapists Rock

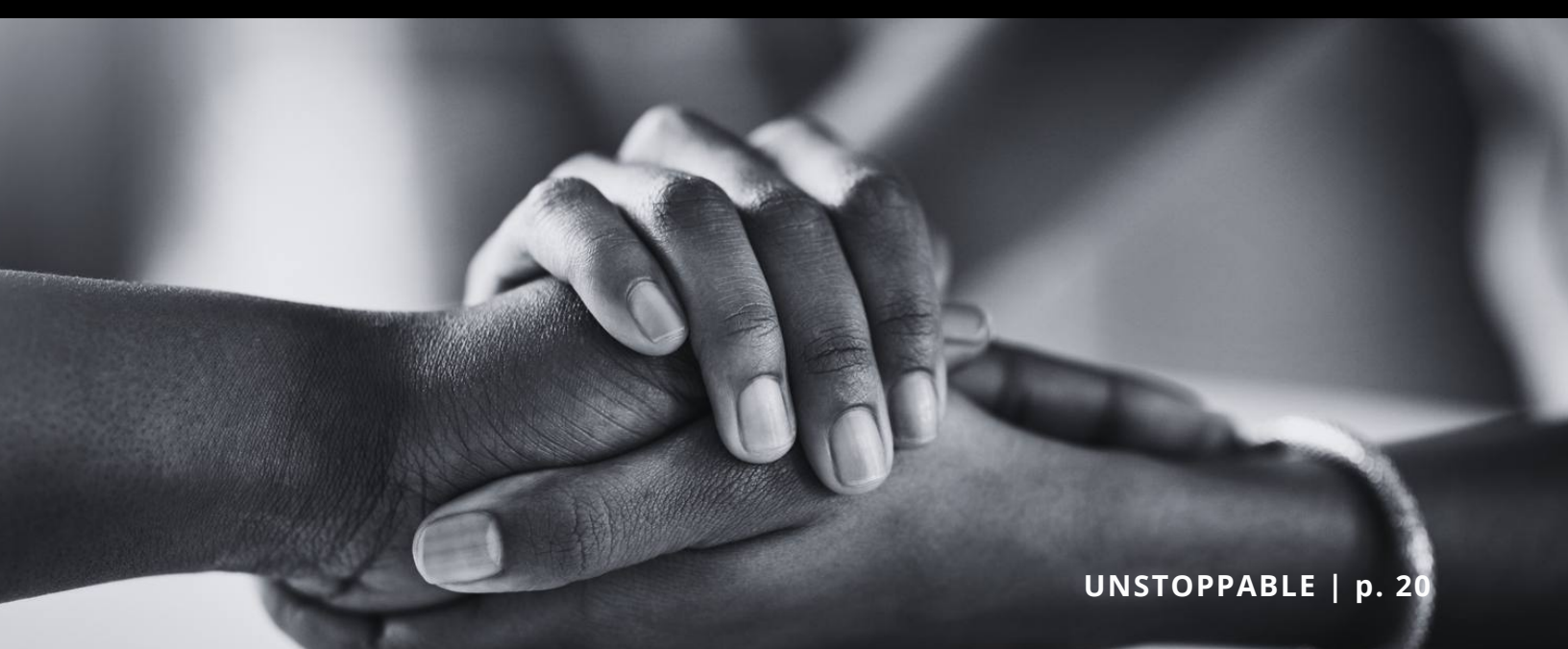
Website: blacktherapistsrock.com

The Association of Black Psychologists (ABPsi)

Website: abpsi.org

AAKOMA Project

Website: aakomaproject.org





STATE RESOURCES

MENTAL HEALTH SERVICES

California Department of Health Care Services (DHCS) – Mental Health Services

Phone: 1-800-848-5490

Website: www.dhcs.ca.gov

Statewide mental health services, including Medi-Cal mental health services.

California Mental Health Services Authority (CalMHSa)

Phone: 1-888-868-1649

Website: www.calmhsa.org

Offers mental health services across California, including stigma reduction and crisis intervention.

California Black Women's Health Project (CABWHP)

Website: www.cabwhp.org

Focuses on improving the health of Black women and girls through advocacy, education, and support services, including mental health resources.

California Suicide Prevention Network

Website:

www.suicidepreventionlosangeles.org

Statewide support for suicide prevention and intervention resources.

Sickle Cell Disease Foundation of California

Phone: (310) 693-0247

Website: www.scdfc.org

Free counseling services for individuals and families affected by sickle cell disease.

STATE RESOURCES

CRISIS AND SUICIDE PREVENTION

California Crisis Intervention Program

Phone: 1-800-784-2433 (TALK)
Website: www.crisisline.org
Statewide helpline for crisis intervention and support.

California Statewide Domestic Violence Hotline

Phone: 1-800-799-SAFE (7233)
Website: www.thehotline.org
Statewide resource for domestic violence support.

California Peer-Run Warm Line

Phone: 1-855-845-7415
Website: www.peersupport.org
Non-crisis emotional support for Californians experiencing mental health challenges.

STATE OF CA HEALTH RESOURCES

CA State Department of Public Health

Website: www.cdph.ca.gov
State health services, including public health support, emergency response, and more.

CA Department of Rehabilitation (DOR)

Phone: 1-800-952-5544
Website: www.dor.ca.gov
Services for individuals with disabilities, including health, employment, and independent living.

CA Statewide Services for Mental Health and Substance Use Disorders

Phone: 1-844-568-HELP
Website: www.mentalhealth.ca.gov
Services that support individuals with mental health and substance use challenges.

SUBSTANCE USE AND RECOVERY

California Department of Public Health – Substance Use Disorders

Phone: 1-844-287-2647
Website: www.cdph.ca.gov
State resources for substance use treatment and recovery.

California Recovery and Treatment

Phone: 1-800-662-HELP (4357)
Website: www.samhsa.gov
State resources for substance abuse recovery support.

DOMESTIC VIOLENCE

California Partnership to End Domestic Violence (CPEDV)

Phone: (800) 524-4765
Website: www.cpedv.org
Statewide advocacy and resources for survivors of domestic violence.

California Coalition Against Sexual Assault (CALCASA)

Phone: 1-800-656-HOPE (4673)
Website: www.calcasa.org
Statewide advocacy and support for survivors of sexual assault.

LGBTQ+ RESOURCES

California LGBTQ+ Health & Human Services Network

Website: www.californialgbtqhealth.org
State resources supporting the LGBTQ+ community across California.

The Trevor Project (California Branch)

Phone: 1-866-488-7386
Text: START to 678678
Website: www.thetrevorproject.org
Crisis intervention and suicide prevention for LGBTQ+ youth.

LOS ANGELES COUNTY

211 LA County

Website: www.211la.org

Dial 211 for free, confidential, 24/7 access to mental health services, crisis support, and community resources across Los Angeles County.

LA Department of Mental Health

Phone: (800) 854-7771

Website: www.dmh.lacounty.gov

Provides therapy, counseling, and mental health resources.

Black & African Heritage UsCC (LACDMH)

Phone: (213) 738-3075

Website:

www.dmh.lacounty.gov/about/mhsa/uscc/black-african-heritage-uscc

Mental Health America of Los Angeles (MHALA)

Phone: (323) 287-3000

Website: www.mhala.org

Advocacy and services for mental health awareness and support.

Los Angeles County Department of Public Health – Mental Health Services

Phone: (800) 854-7771

Website: www.publichealth.lacounty.gov

Mental health services within the county.

Black Mental Health Alliance (LABMHA)

Phone: (323) 294-6315

Website: www.labmha.org

Focus on mental health within Black communities.

WANT YOUR ORG LISTED?

Submit your info to be included as a local resource—spotlight your work in our next release.

The Children’s Center of the Antelope Valley

Phone: (661) 949-1339

Website: www.childrenscenterav.org

Support services for children and families.

Los Angeles Youth Network (LAYN)

Phone: (323) 469-2800

Website: www.layn.org

Services for youth in crisis and homelessness.

South LA Wellness Center

Phone: (323) 588-1011

Website: www.southlawellness.org

South Los Angeles Child Guidance Clinic

Phone: (323) 373-2500

Website: www.slacgc.org

The Los Angeles LGBT Center

Phone: (323) 993-7400

Website: www.lalgbtcenter.org

The Center for Family Health

Phone: (323) 564-1200

Website: www.centerforfamilyhealth.org

Valley Oasis Domestic Violence Shelter

Phone: (661) 945-6736

Website: www.valleyoasis.org

Shelter and support for those experiencing domestic violence.

UMMA Community Clinic – Black Visions of Wellness

Website: www.ummaclinic.org

MLK Community Healing and Trauma Prevention Center

Website:

publichealth.lacounty.gov/chs/spa6/MLKHealingCenter.htm

CHECK YOUR SELF

**CHECK IN WITH YOURSELF—
EARLY SIGNS, EMOTIONAL CUES, AND
CLARITY TOOLS**



Use the digital link or scan the QR code to take a quick, confidential wellness check-in: <https://bit.ly/43zho5y>
You're not alone—help is here.

HOW ARE YOU FEEL ING?

Your mental health deserves just as much attention as your hustle. So before you grind, check your mind.

Ask yourself: Over the past 2 weeks...

(These questions aren't about labels — they're about noticing what your body, mind, and spirit have been trying to tell you.)

AM I IN A DARK SPACE?

- Have I had thoughts about disappearing, giving up, or hurting myself?
- Have I felt like I wouldn't be missed if I stopped showing up?

ARE YOU FEELING OFF?

- Have I been feeling down, heavy, or "off" almost every day — even if I can't explain why?
- Have I lost interest in the things that usually bring me joy, peace, or purpose?
- Do I feel drained, tired, or like no amount of rest is enough?

IS STRESS TAKING OVER?

- Do I feel constantly on edge — like I can't relax, let my guard down, or breathe easy?
- Are my thoughts racing, jumping from one worry to the next?
- Have I been moving more than usual (restless, pacing) or barely moving at all (sluggish, stuck)?
 - Have I been snapping on people or shutting down without meaning to?

ARE YOU HIDING YOUR FEELINGS?

- Do I keep things to myself because I don't think people will get it?
- Do I smile on the outside, but feel invisible, alone, or numb inside?
- Have I caught myself pretending I'm "good" when I'm really not?

IS MY BODY TRYING TO SPEAK UP?

- Do I keep things to myself because I don't think people will get it?
- Do I smile on the outside, but feel invisible, alone, or numb inside?
- Have I caught myself pretending I'm "good" when I'm really not?

GAME PLAN

Your reset when things feel off.

STEP 1: TAKE INVENTORY

Before you spiral, check your signals.

What grounds me?

- A song, quote, or reminder that pulls me back into myself:
- → _____

What tool can I reach for right now?

- Breathing break
- Grounding technique (feet on floor, 5-4-3-2-1)
- Music shift (calm, hype, healing)
- Move my body
- Step back from the scroll
- Journal / voice memo
- Call or text someone
- Other: _____

Daily Checkpoint

Did I drink water and mind my energy?

- Yes
- Not yet
- I'm off today, but I'm trying

Did I protect my mental space with a boundary?

- Yes
- Not quite
- Forgot — making note for tomorrow

Did I use one of my tools today?

- Yes
- Almost
- I blanked, but now I know

STEP 2: STABILIZE THE CRASH

When I'm really not okay, here's my backup plan.

People I can reach out to:

- First contact (ride-or-die): _____
- Backup support: _____
- Therapist / support group / hotline: _____

Emergency-level options:

- 988 – Mental Health Crisis Line
- Local resource I'd actually use: _____
- Site or app I trust when I need quick help: _____

STEP 3: RESET THE VIBE

Get out of your head, into your life.

- Grounding playlist title: _____
- Creative outlet that helps me recenter: _____
- One show, video, or podcast that shifts my mood: _____
- Physical reset (walk, stretch, dance, workout): _____

STEP 4: RECONNECT TO SELF

- What reminds me who I am—no matter the day?

→ _____

- One thing I'm genuinely looking forward to:

→ _____

- A note to future me:

“ _____ ”

THIS IS YOUR RECOVERY PLAY.

Keep it where you can find it. Use it like you mean it.

The image features two hands, one darker-skinned and one lighter-skinned, holding each other in a firm, supportive grip. The hands are positioned in the center of the frame, with the fingers interlaced. The background is a gradient of light gray on the left and bright yellow on the right. Overlaid on the hands is the text "SELF-CARE ISN'T SELFISH. IT'S STRATEGY." in a bold, white, sans-serif font. The text is arranged in five lines, centered horizontally and partially overlapping the hands.

**SELF-CARE
ISN'T
SELFISH.
IT'S
STRATEGY.**

SPOT THE SIGNS EARLY

Your mind speaks before it shouts. Listen up.

- You're more tired than usual.
- Small things feel too big.
- You're snapping, zoning out, or just don't care.
- Your body feels it—headaches, stomach aches, tension.

EMOTIONAL CUES YOU SHOULDN'T IGNORE

- Feeling stuck or overwhelmed? Pause.
- Irritable for no reason? That's a red flag.
- Pulling away from people? Time to check in.
- Crying easily? There's more under the surface.

EMOTIONS ARE MESSAGES. DON'T GHOST THEM.



YOUR CALM KIT

A person wearing a white ribbed sweater is seated at a light-colored table. They are holding a white pen over an open notebook. To their left, a stack of three round, light-colored candles sits on a small white square tray. The background is a solid yellow color.

**MINDSET RESETS, BREATHWORK,
JOURNALING, AND REAL-TIME
RESOURCES FOR DAILY STRENGTH.**

A person's hands are visible on the right side of the frame, holding a white ceramic mug. The person is wearing a ring on their finger. The background is a solid yellow color.



**GET BACK
TO YOU—
ON YOUR
TERMS.**

TOOLS FOR CLARITY

MOVEMENT IS MEDICINE

Stretch. Walk. Run. Sweat. Breathe.
Reclaim Your Mind.

PROTECT YOUR PEACE

Set boundaries. Say “no” to protect
your “yes.”

CONNECT TO GROW

Talk to someone. A friend.
A pro. A hotline.

WRITE TO HEAL

Dump the noise.
Spot the patterns.

**WHEN LIFE FEELS
OVERWHELMING,
HERE ARE SOME
EASY WAYS TO
HELP YOURSELF
FEEL BETTER.**

2



HOLD FOR 4 COUNTS.

3



EXHALE FOR 4 COUNTS.

DEEP BREATHING

1



**BREATHE IN SLOWLY FOR
4 COUNTS.**

4



REPEAT 5 TIMES.



"BREATHE. LET GO.

AND REMIND

YOURSELF THAT

THIS VERY MOMENT

IS THE ONLY ONE

YOU KNOW YOU

HAVE FOR SURE."

— Oprah Winfrey

WRITING YOUR FEELINGS DOWN CAN HELP YOU UNDERSTAND THEM. USE THESE PROMPTS:

"HOW CAN I SUPPORT MYSELF OR SOMEONE ELSE IN NEED?"

WHEN DO I FEEL MOST SUPPORTED?

"WHAT'S ONE THING I CAN DO TO FEEL BETTER TODAY?"

"WHAT AM I WORRIED ABOUT RIGHT NOW?"

"WHAT WOULD I SAY TO A YOUNGER VERSION OF MYSELF WHO NEEDED HOPE?"

WHAT'S ONE THING I WANT TO LET GO OF— AND ONE THING I WANT TO GROW?



**"YOUR MIND WILL
ANSWER MOST
QUESTIONS IF YOU
LEARN TO RELAX AND
WAIT FOR THE
ANSWER."**

— William S. Burroughs

GROUNDING EXERCISE

Feel like
things are
spiraling?



TRY THE 5-4-3-2-1
METHOD



NAME 5 THINGS YOU CAN
SEE AROUND YOU.



NAME 4 THINGS YOU CAN
TOUCH RIGHT NOW.



NAME 3 THINGS YOU CAN
HEAR.



NAME 2 THINGS YOU CAN
SMELL.



NAME 1 THING YOU CAN
TASTE.

GLOBE

AFTER EVERY STORM
COMES A RAINBOW

**“I LEARNED A
LONG TIME
AGO THE
WISEST
THING I CAN
DO IS BE ON
MY OWN SIDE,
BE AN
ADVOCATE
FOR MYSELF
AND OTHERS
LIKE ME.”**

— MAYA ANGELOU

DISRUPT. DEMAND. DEFEND.

**YOU'VE GOT THE RIGHT TO LIVE
WITHOUT LIMITS. IF YOU OR SOMEONE
YOU KNOW IS FACING BARRIERS, THIS
IS YOUR PLAYBOOK.**

MENTAL HEALTH & DISABILITY — OWN IT.

The ADA (Americans with Disabilities Act) is your legal armor. It demands that schools, workplaces, and healthcare systems give you the support you deserve. Claim what's yours.

Mental health affecting your work? You're not stuck. Workplace Rights allow you to request the accommodations you need—a quiet space, flexible hours, extra breaks. Your work, your rules.

Need support? Ask for it. Therapy, meds, support groups—don't let anyone tell you it's out of reach. Get the help that's right for you.

If you've ever felt invisible, it's time to change that. Here's how to stand tall and demand what's right:

Know Your Rights: Knowledge is power. The more you know, the more you can ask for. Learn the laws—like the ADA—that put the power back in your hands.

Speak Up: Don't wait for permission. Ask for what you need. Whether it's mental health support, accommodations, or respect—you have the right to take action.

Get Help: Advocacy groups? They're ready to back you up. You don't have to do this alone. They're the allies you need to cut through the noise and get results.

***STAND UP, SPEAK OUT,
TAKE CONTROL***





**BREAK THROUGH
THE BARRIERS,
OWN YOUR
VOICE**

ADVOCACY TIPS

FACING DISCRIMINATION? HERE'S HOW TO HANDLE IT

Document Everything: Record what happens. Your story matters. Keep a record so you're ready if you need to act.

Speak Up: If it's safe, say something. Stand up for yourself—assert your rights and expectations.

Reach Out: When it's time to go further, find the experts. Legal and advocacy groups are here to help you make the next move.

DEMAND —



Culturally Competent Care

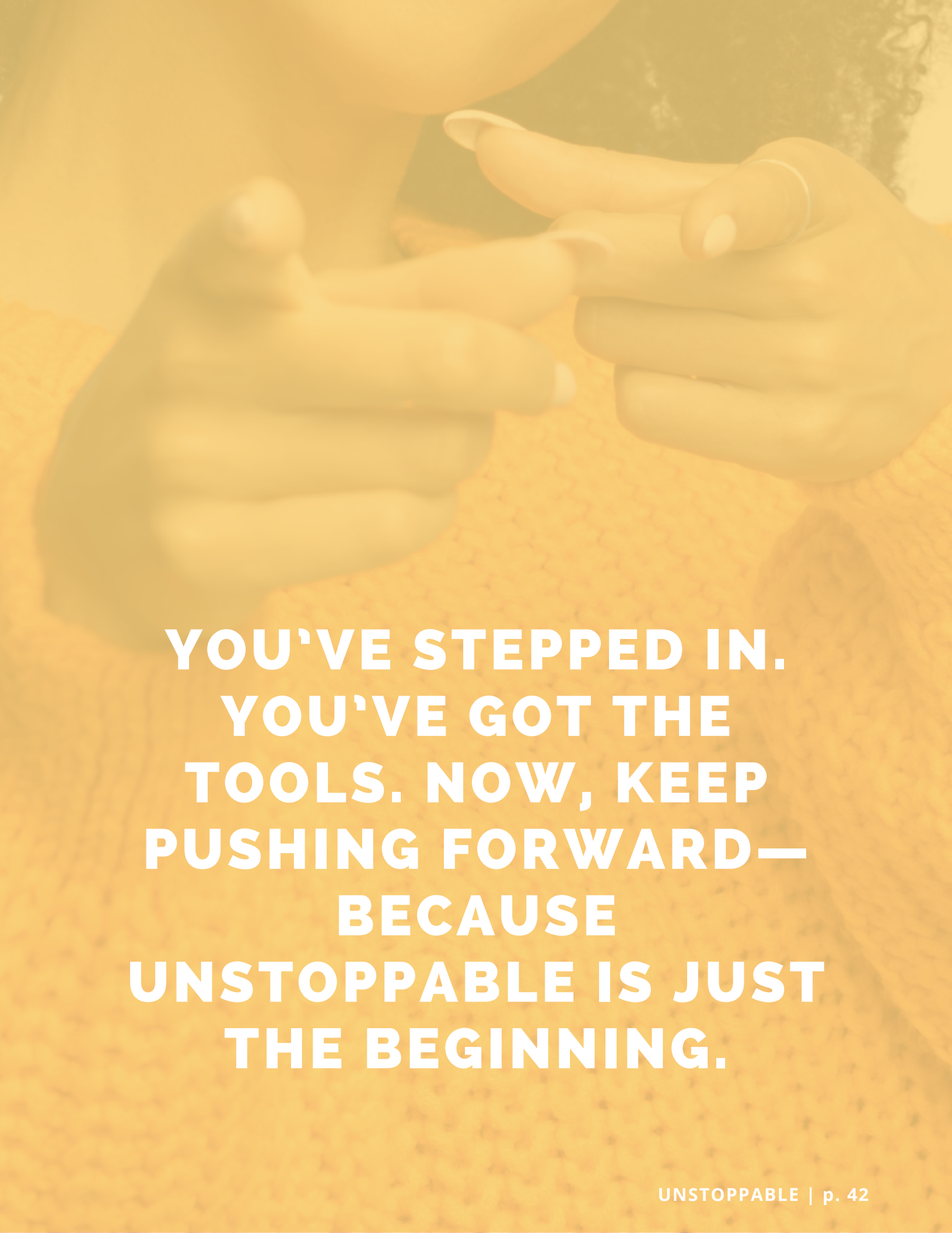
KNOW YOUR RIGHTS

You deserve care that gets you. That means culturally competent care. It's not a favor—it's your right.

MAKE YOUR NEEDS CLEAR

Don't settle for care that doesn't work for you. Be direct, be bold, and ask for what you need.

The ADA is your shield. It ensures you're not treated unfairly—whether it's at work, school, or in healthcare. If you face barriers, the law has your back. Don't let anyone forget that.



**YOU'VE STEPPED IN.
YOU'VE GOT THE
TOOLS. NOW, KEEP
PUSHING FORWARD—
BECAUSE
UNSTOPPABLE IS JUST
THE BEGINNING.**

KEEP GOING— YOU'RE BUILT FOR THIS.

Now? Put somebody on.
Share this guide with your crew,
your coworkers, your cousin who
needs it.

Post it. Text it. Drop the link.

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THIS GUIDE GROWS WITH YOU.

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for support, check back often—or
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**BECAUSE HEALING IS
BETTER WHEN WE DO IT
TOGETHER.**



SOUTH LA IS UNSTOPPABLE!

PULL UP. PLUG IN. TAKE CARE.

1731 E. 120th Street – Bldg M (Drew CARES)
Los Angeles, CA 90059

MAY 1, 2025 | 3:00 P.M.

MAY 5, 2025 | 3:00 P.M.

MAY 15, 2025 | 3:00 P.M.

MAY 23, 2025 | 3:00 P.M.

Can't make it in person?
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This is yours. You are the reason. You are the movement.

For anyone who's ever faced loneliness or doubt while walking away from spaces that no longer served their highest self—for choosing to protect your peace—we see you. We hear you. You are not alone.

This is yours.

