


 The header features the 'One Affinity' logo in a stylized orange font, with the 'O' composed of three overlapping circles. Below the logo, the word 'NEWSLETTER' is written in large, bold, dark red capital letters. The background of the header is a collage of colorful silhouettes of human heads in profile, facing right. Inside the heads are various symbolic elements: a puzzle piece, a brain with neural connections, a head with colorful flowers, and a head with numbers (2, 4, 5, 1, 3, 4, 2).

OneAffinity NEWSLETTER

National Minority Mental Health Awareness Month

July is a time to recognize and address the unique mental health challenges faced by Black, Indigenous, and People of Color (BIPOC) communities. Too often, cultural stigma, discrimination, and systemic barriers prevent individuals from accessing the care and support they need.

Why This Matters:

- BIPOC individuals are less likely to receive mental health services compared to other counterparts.
- When care is provided, it often lacks cultural understanding or sensitivity.
- Historical trauma and ongoing inequities contribute to increased risk for mental health conditions.

How We Can Make a Difference:

- ✓ Start conversations to reduce stigma in your community
- ✓ Learn about culturally responsive mental health care
- ✓ Share resources and support organizations working to close the gap
- ✓ Advocate for policies that improve access to care for all communities

Remember: Mental health matters for everyone, everywhere. If you or someone you care about needs support, help is available. Together, we can break the silence, honor diverse experiences, and build a future where mental health care is accessible and equitable.

What's New?

We invite you to browse our newly redesigned website, created to enhance your experience and keep you informed about the latest services, events, and updates at One Affinity.

Be sure to bookmark the site and stay connected!
ONE AFFINITY LLC



ATTENTION LOCAL BUSINESS OWNERS!

We're excited to spotlight the incredible businesses that make our community thrive. Don't miss this opportunity to promote your products and services to our engaged readers. Connect with us to get your business featured and reach more neighbors! Let's grow together!

Email: info@oneaffinity.org

What to Expect in Therapy: Confidentiality

Sometimes clients come to therapy through referrals from professionals—such as doctors, attorneys, schools, or case managers—or are connected personally to other clients or community members. We take extra care in these situations to maintain confidentiality and clear boundaries as well as avoid conflicts of interest. It is our ethical duty as clinicians to maintain client confidentiality.

Key Points to Understand:

- **Individual Privacy:** Even if you are referred by someone you know, your information remains confidential. We will not share any details about your participation in therapy or your progress without your explicit, written consent.
- **Family Involvement:** If family members are involved in your care (such as couples therapy or family sessions), we will clarify at the onset what information may be shared among participants. Each person's privacy will be respected within the limits of the treatment agreement.
- **Conflicts of Interest:** If your therapist believes a prior or current relationship with someone you know could interfere with objectivity or create a conflict of interest, they may discuss this with you and, if necessary, refer you to another provider.
- **Disclosures:** You can authorize specific disclosures in writing if you want your therapist to communicate with another party (for example, a spouse, parent, or other professional). Otherwise, no information will be shared.
- **Public Encounters:** If you encounter your therapist in a public place or community setting, your therapist will not initiate contact to protect your confidentiality. You are welcome to say hello if you wish, but this is entirely your choice.

For additional information you can review the [American Counseling Association \(ACA\) Code of Ethics Section B: Confidentiality and Privacy](#).

MENTAL HEALTH MYTH BUSTER

MYTH: "People from minority communities don't experience mental health issues as often."

REALITY: Mental health conditions affect people of all races, cultures, and backgrounds. In fact, systemic racism, discrimination, and cultural stigma can increase the risk of developing mental health concerns—and make it harder to get help.

Together, we can challenge stigma and advocate for equity because everyone deserves access to compassionate, culturally affirming care.



FACTS



MYTHS

BUSINESS SPOTLIGHT

BEACH BODY BUTTER

Experience High-quality Body Butters Infused with Natural Fragrances

Rich, creamy, and deeply hydrating texture pampers your skin with every use. The light, refreshing fragrance smells just like a spa, creating a moment of calm wherever you are. Perfect for daily moisturizing, especially after sun exposure. Packaged in a sleek, compact design that's ideal for travel.

beach body butter

Beach Body Butter Now Available on SHEIN

[SHEIN – Beach Body Butter Storefront](#)

FAQs: [Frequently Asked Questions](#)

Coming soon: Wholesale purchases available on Faire.



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