

Colony

I was assaulted while at college in Tallahassee. My dad brought me home so my family could care for me but I slipped into a year-long battle with extreme depression as a result of the trauma. Thankfully, my mom helped me find a therapist to help me heal. Often times people are wearing masks. You don't know what battles they are facing. As you look at my picture here, I look happy and carefree. But I'm not. This was one of the lowest periods of my life. I still go to therapy monthly and I'm at a great place in my life. I always make a point to check in with my friends and to talk openly about mental health. Mental health isn't often spoken about in the black community but I hope to change that by normalizing conversations around mental health — in every community.