



MONTHLY NEWSLETTER

June 2024

Volume 1, Issue 1

Through our monthly newsletters, Let's Talk About aims to educate and connect with our clients by raising awareness on issues that pertain to mental health - our specialty.

Your story matters and so do YOU!

JUNE IS PRIDE MONTH!

BEING TRUE TO YOURSELF

LGBTQIA+ Pride Month is dedicated to the celebration and commemoration of lesbian, gay, bisexual, and transgender pride. It is a representation of solidarity, collectivity, and identity as well as resistance to discrimination and violence. Although for some, it may be a time of difficulty due to lack of support, community, and confusion. In this newsletter, our licensed clinician Breckin Crowley discusses some tips on how to embrace your true identity and tools on overcoming adversity.



PTSD AWARENESS MONTH

POST - TRAUMATIC STRESS DISORDER

June is National PTSD Awareness Month, dedicated to raising awareness and providing support for Post Traumatic Stress Disorder, a condition resulting from traumatic events affecting physical and mental health. In this newsletter, our licensed clinician Kaiza Canales analogizes the importance of seeking help and explains how Cognitive Behavioral Therapy can have significant benefits when navigating PTSD symptoms.



WE ARE NOW OFFERING GROUP THERAPY!

Our first group, facilitated by Paola Balseca, is called Nurturing Minds: Parenting Support Circle. In this group, we aim to have new and expecting parents receive encouragement, validation, and practical advice from fellow group members and our experienced clinician.

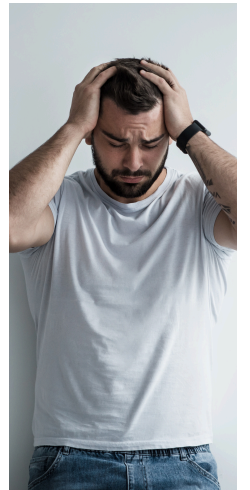


Our second group, facilitated by Breckin Crowley, Embracing Yourself: A Journey to Self - Love, will provide a supportive and affirming space where those navigating the journey of gender transition or exploring their gender identity can feel safe to share their experiences. Contact us if you are interested in participating!

MEN'S HEALTH MONTH

SUPPORT AND AWARENESS

June is also Men's Health Month. It's crucial to emphasize topics surrounding



mental health for men. Issues such as anxiety and depression oftentimes get overlooked and lead to suicide. Men's Health Month aims to raise awareness, offer education, and encourage open discussions to tackle mental health challenges while simultaneously decreasing stigmas. In this month's newsletter, our licensed clinician David Gomez gives some words of advice to men struggling to ask for help.



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Pride Month, LGBTQIA+

CELEBRATING AND SPREADING AWARENESS

LGBTQIA+ Pride Month is dedicated to the celebration and commemoration of lesbian, gay, bisexual, and transgender pride. It is a representation of solidarity, collectivity, and identity as well as resistance to discrimination and violence. Pride Month also honors the 1969 Stonewall Riots in New York, which were a series of protests against police harassment and persecution of LGBTQIA+ Americans.

Research suggests that LGBTQIA+ individuals encounter elevated levels of mental illness and suicide compared to heterosexual individuals. Statistics reveal:

- LGBTQIA+ adults are over two times more likely to confront mental health conditions.
- Transgender individuals are almost four times more likely to encounter mental health conditions.
- LGBTQIA+ people used mental health services at 2.5 times higher rate than heterosexuals.
- LGBTQIA+ youth are confronted with concerning rates of mental health challenges.
- 45% contemplated suicide within the last year.
- 14% made a suicide attempt.
- 58% dealt with symptoms of depression.
- 73% experienced symptoms of anxiety.



Clinician Corner



"During PRIDE Month, Let's Talk About wants to encourage self-love and acceptance while celebrating your unique

identities with pride. Remember that your authenticity is your strength and you deserve to be valued and respected. With all of that we also want to remind everyone it's important to take time for self care and self love, which can sometimes involve therapy. Don't hesitate to reach out if you're struggling and need someone to talk to."

Breckin Crowley, LMHC



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PTSD Awareness Month

POST TRAUMATIC STRESS DISORDER

Post-Traumatic Stress Disorder (PTSD) is an anxiety condition that can develop after individuals experience or witness a traumatic event involving serious harm or the threat of death. Symptoms of PTSD may include sleep disturbances, irritability, anger, recurring nightmares related to the trauma, strong reactions to triggers of the event, difficulties in relationships, and feelings of isolation.

While some individuals may recover within a few months, for others, the healing process could span years. In some instances, PTSD may surface long after the initial event. It is important to understand that PTSD is a condition that can be effectively treated through various forms of therapy.



There are currently about 8 million people in the United States with PTSD.

June is National Post-Traumatic Stress Disorder Awareness Month, and is intended to raise public awareness about issues related to PTSD, reduce the stigma associated with PTSD, and help ensure that those suffering from the invisible wounds of a traumatic experience(s) receive proper treatment. Even though PTSD treatments work, most people who have PTSD don't get the help they need. Help us spread the word that effective PTSD treatments are available.



Clinician Corner

"Think of PTSD as a physical wound that hasn't healed properly. Just like how a physical injury needs attention,

psychological trauma needs help to heal. Through Cognitive Behavioral Therapy, clients suffering from PTSD can focus on changing negative thought patterns and behaviors associated with traumatic experiences. If you or anyone you know is struggling, please call our office and we will gladly help."

Kaiza Canales, LMHC



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Men's Health Month

OVERCOMING STIGMAS

Conversations surrounding mental health often come with a stigma, leading individuals dealing with mental illnesses to feel shame or judgment. This issue is particularly evident when considering masculinity and mental health, where toxic masculinity can prevent men from openly addressing their mental health challenges.



Closing the gap in mental health support for men requires recognizing that men with mental health conditions deserve care and respect like anyone else. Women are not inherently more susceptible to mental illnesses than men; instead, societal expectations often deter men from seeking help for their mental health challenges. Signs of mental health issues in men may appear as socially acceptable behaviors like anger rather than sadness, including irritability, concentration difficulties, substance abuse, and thoughts of self-harm.



In the United States, men's suicide rates exceed those of women by over four times, making suicide the 7th leading cause of death among males (AFSP). Societal norms discourage men from expressing emotions, often resulting in downplaying symptoms, suppressing emotions, and reducing the likelihood of seeking help for mental health issues. June is observed as Men's Health Month, underscoring the need for conversations about men's and children's mental health, equipping them with healthy coping mechanisms and emotional regulation skills.

Clinician Corner



"During Men's Health Month, Let's Talk About aims to encourage help-seeking behavior. We can provide education on the benefits of therapy, support groups, and other resources available for men struggling with their mental health. We understand the strength and courage it takes to ask for help. Call our office to see what resources we can provide that will be beneficial to you."

Michelle Asencio, LMHC



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OUR CLINICIANS

Michelle Asencio

Specialty: Anxiety, Depression, Mood disorders, Sexuality issues, Sex Therapy, Couples, Marriages, Adjustment Disorders, Pre- Marital

Modality: Cognitive Behavioral Therapy, Sex Therapy, Solution Focused Therapy, Client Center Therapy, Brief Solution Therapy, Couples Therapy

Kaiza Canales

Specialty: Anxiety, Depression, Anger Management, Mood Disorders, Adjustment Disorders, Pre-Marital, Couples Therapy, Trauma Focus, Parenting, Social Skills -Spanish- English 6 years old +

David Gomez

Specialty: Anxiety, depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Parenting, Autism, Social Skills Spanish - English - 3years old +

Brecking Crowley

Specialty Anxiety, Depression, Mood disorders, Anger Management, Mood Disorders, Adjustment Disorders, LGBTQIA+, Tansgender, Substance Abuse, Trauma, Couples Therapy, Social Skills , Adults 18 +

Paola Balseca - Registered Mental Health Counselor Intern

Specialties: Anxiety, Depression, Pre & Postpartum Depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Social Skills, Couples, Domestic Violence, Spanish - English, Kids 6 +

Tisifenee Taylor - Registered Mental Health Counselor Intern

Specialties: Anxiety, Depression, Pre & Postpartum Depression, Anger Management, Mood Disorders, Adjustment Disorders, Behavioral Issues, Parenting Issues, Social Skills, Couples, Domestic Violence , Kids 6+



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OUR MISSION STATEMENT

At Let's Talk About, our mission is to provide compassionate, evidence-based mental health therapy that empowers individuals to overcome challenges, cultivate resilience, and live fulfilling lives. We are committed to creating a safe and supportive space where clients can explore their thoughts, feelings, and experiences without judgment. Through collaborative and personalized treatment approaches, we strive to promote healing, growth, and positive change. Our goal is to empower clients to harness their strengths, develop effective coping skills, and cultivate meaningful connections with themselves and others. Together, we work towards fostering a community where mental health is prioritized, stigma is challenged, and individuals thrive.



WE APPRECIATE YOUR REFERRALS!



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