

**What if I told you,**  
*“Mental health is physical health!”*

*Are you, or your organization, wanting to learn how to be inclusive to those with a mental health diagnosis?*

**Insightful Consultant, LLC**  
specializes in teaching  
mental health topics  
in a variety of settings.



- **Businesses**
- **Hospitals**
- **Police organizations**
- **Schools**
- **Religious organizations**
- **Individuals dedicated to learning more about mental health topics**



**INSIGHTFUL CONSULTANT**

🌐 [www.UnderOneUmbrella.blog](http://www.UnderOneUmbrella.blog)

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*Note: All antiracist events will be virtual at this time.*