

Are U Ok A Guide To Caring For Your Mental Health By Kati Morton Lmft

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Descrizione del libro A licensed family therapist and YouTube personality, Kati Morton answers the most commonly asked questions about mental health, including when to get help and where to find it. L'autore Kati Morton is a Licensed Marriage and Family Therapist practicing in Santa Monica, CA. She is an entrepreneur and YouTube creator who has built a global mental health online community"

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R u ok day thursday 10 september 2020 is our national day of action dedicated to reminding everyone that every day is the day to ask are you ok and support those struggling with life s ups and down. The author did a fantastic job of outlining how to seek out therapy options and gave advice in a passionate and straightforward way i would definitely remend this book for anyone who is struggling with their mental health and considering seeking out therapy and especially for parents and loved ones of those who are struggling to get a better understanding of the process.

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Are u ok walks readers through the most monly asked questions about mental health and the process of getting help from finding the best therapist to navigating harmful and toxic relationships and everything in between licensed family therapist and sensation kati morton clarifies and de stigmatizes the struggles so many of us go through and encourages readers to reach out for help.

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Before you can look out for others you need to look out for yourself and that s ok if you re not in the right headspace or you don t think you re the right person to have the conversation try to think of someone else in their support network who could talk to them

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