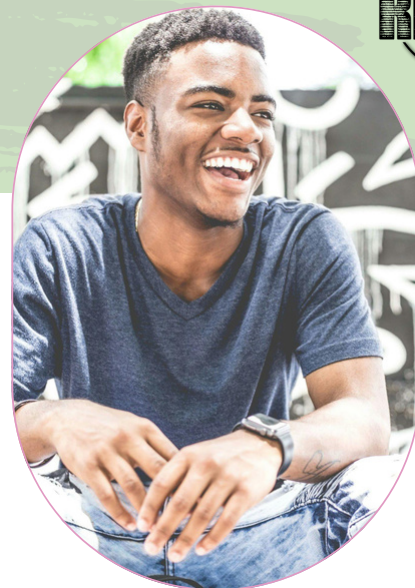


REBUILD



Free Therapy for Youth 5-18

REBUILD is a Darkness RISING Nonprofit program supporting at-risk youth and children of justice-involved adults. The program connects young individuals of color to culturally competent therapists of color, ensuring that mental health needs are met with care and understanding. We find and vet therapists, set up appointments, and fund up to 10 therapy sessions. REBUILD focuses on fostering healing, empowerment, and successful reconnection to formerly incarcerated parents.



What we offer

Free Therapy Sessions



Approved therapy seekers receive up to 10 free therapy sessions provided by licensed professionals.

Personalized Support



The **REBUILD** team provides hands-on support and individualized assistance to therapy seekers to ensure the quality and effectiveness of mental health support.

Access to Experienced Care



Therapist providers are fully licensed and experienced in creating environments that recognize and respect cultural backgrounds, beliefs, values, and practices of individuals in communities of color.

Program Eligibility

ACEs

We serve teens with Adverse Childhood Experiences (ACEs), including:

- Parental separation or divorce
- Abuse or neglect
- Youth Incarceration/detention
- Incarceration of a parent or family member
- ISS/OSS (In-School Suspension/Out-of-School Suspension)
- Frequent school absences
- Substance use or dependence
- Exposure to intimate partner violence
- Mental health challenges

Age

- Ages 5-18

Ethnicity

- Youth must be a person of color



FindMeATherapist.org



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DarknessRISINGProject

GET FREE THERAPY **NOW**

