

DEI Statement for a HELPS

At **Healing & Empowering Life Coaching & Psychological Services**, we believe that mental health care must be rooted in dignity, respect, and belonging for every person. We recognize that individuals' identities, backgrounds, and lived experiences shape their stories, influence their wellness journey, and impact their access to care.

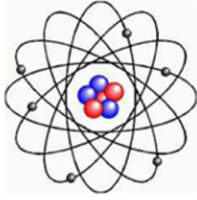
We are committed to creating a therapeutic environment where people of all races, ethnicities, cultures, genders, sexual orientations, abilities, body sizes, socioeconomic backgrounds, faith traditions, and family structures feel seen, valued, and supported. This includes, but is not limited to, individuals who identify as **LGBTQIA+**, those within BDSM/Kink communities, those practicing **ethical non-monogamy (ENM)**, **military service members and veterans**, and those who are **neurodivergent**.

Our practice strives to:

- **Honor the whole person** by providing culturally responsive, trauma-informed, and identity-affirming care.
- **Promote equity** by identifying and reducing systemic and interpersonal barriers to mental health access.
- **Affirm diverse identities and relationships** by respecting variations in gender, sexuality, relationship structures, and consensual adult practices without stigma or assumption.
- **Support neurodivergent and military communities** with understanding of their unique strengths, challenges, and contexts.
- **Engage in continual learning** through ongoing education, community involvement, and self-reflection to deepen cultural humility and clinical competence.
- **Foster a safe and nonjudgmental space** where clients can express themselves authentically and explore their experiences with respect and confidentiality.

We understand that DEI work is an ongoing commitment, not a destination. We embrace this responsibility with humility and dedication, recognizing that cultivating an inclusive practice strengthens the health and wellbeing of the individuals and communities we serve.

WE BELIEVE



SCIENCE
is real



LGBTQIA+ RIGHTS
are human rights



BLACK LIVES
matter



FEMINISM
is for everyone



DISABILITIES ARE
diversity



IMMIGRANTS
are welcome