

# MENTAL AND EMOTIONAL HEALING

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## Other health professionals that I follow:

Asma Abu-Dahab, LCSW  
Follow on IG @asma.therapist

Faith Hunter, meditation, journaling, yoga, wellness  
Follow on IG @spirituallyfly

Get Home Safe, mental health community resource  
Follow on IG @gethomesafehugem

Hope Malone, LMHC, psychotherapist  
Follow on IG @hopeandhealingnyc

Jeff Guenther, LPC  
Follow on IG @therapyjeff

Jennifer Yense, mindset coach  
Follow on IG @jenniferyense

Jessica Clemons, MD  
Follow on IG @askdrjess

Kier Gaines, licensed therapist  
Follow on IG @kiergaines

Kobe Campbell, LCMHC  
Follow on IG @kobecampbell\_

Dr. Mariel Buqué, trauma psychologist  
Follow on IG @dr.murielbuque

Dr. Marisa G Franco, psychologist  
Follow on IG @drmarisagfranco

Meghan Watson, psychotherapist  
Follow on IG @thrive\_withmeg

Micheline Maalouf, LMHC  
Follow on IG @sereinmicheline

Minaa B., LMSW  
Follow on IG @minaa\_b

Nadia Addesi, psychotherapist  
Follow on IG @evolveandbloom

Nawal Mustafa, MA Neuropsychology  
Follow on IG @thebraincoach

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Dr. Nicole LePera, psychologist  
Follow on IG @the.holistic.psychologist

Sana Powell, MA, LPC  
Follow on IG @curly\_therapist

Shahem Mclaurin, LMSW  
Follow on IG @5hahem

Dr. Justin Puder, Ph.D., psychologist  
Follow on IG @amoderntherapist

The Shine app (mental health resource)  
Follow on IG @theshineapp

Tiffany Ima - body confidence  
Follow on IG @tiffanyima

I would love to continue adding to this list. Email me at [christa@cocumelliwellnesscollective.com](mailto:christa@cocumelliwellnesscollective.com) if you have a favorite mental health professional or resource that you follow.