

# Take Notice with podcasts....

The podcast that talks about race equality and wellbeing for a busy modern world through inspiring stories, interviews and case studies.



Therapy for Black Girls podcast is a weekly conversation with Dr. Joy Harden Bradford about all things mental health, personal development, and all the small decisions we can make to become the best possible version of ourselves.



"dope therapists + dope conversations"  
This podcast is changing the face of therapy on both sides of the couch.

This episode focuses on BAME Mental Health in lockdown.



This podcast breaks down the many cultural barriers to accessing wellbeing.