

YOUR INVITATION TO PARTICIPATE IN....

# THIS IS HOW I SHOW UP

HEALING THROUGH CONVERSATION: AN OPEN FORUM ON MENTAL HEALTH, RACE + IDENTITY IN THE MUSIC INDUSTRY

**DECEMBER 15 AT 7PM ET / 4PM PT ON ZOOM**

HOSTED BY [BACKLINE](#), [BLACK MENTAL HEALTH ALLIANCE+](#) [THE BLACK MUSIC ACTION COALITION](#)

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**REAL TALK:** getting loud with our vulnerability to build more understanding + empathy in the music industry.

**RESOURCES + ACTION:** pointing to culturally competent mental health resources and opportunities for deeper healing, as well as actions we can take to move the needle

**MUSIC + MINDFULNESS:** showcasing the many ways in which we show up in the world, and for ourselves.

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**THIS IS OUR MOMENT.... BE A PART OF THE CHANGE**

Live participation is preferred but pre-recorded messages will be accepted on a case-by-case basis.

Please email [terra@backline.care](mailto:terra@backline.care) by December 13, 2021 to confirm your involvement.