

REAL Talk



REAL Talk is a space for bold, educational conversations, grassroots empowerment, and transformative resistance for members and community partners of TAARN. REAL Talk's focus is on information and topics related to mental health and wellness.

R.E.A.L. =

Resist. Educate. Activate. Liberate.

What It Stands For:

- **Resist** – Stand against authoritarianism, fascism, and all forms of oppression with courage and clarity.
- **Educate** – Equip ourselves and others with truth, history, and critical thought to dismantle harmful ideologies.
- **Activate** – Mobilize communities through dialogue, advocacy, and collective action.
- **Liberate** – Create space for freedom, justice, and equity for all people, everywhere.

Built on the foundation of **Resist, Educate, Activate, Liberate**, REAL Talk centers mental health as both a lens and a priority.

Recognizing how oppressive systems deeply impact emotional well-being, identity, and psychological safety, the REAL TALK portal offers curated mental health related resources, workshops, and healing-centered education.

Dr. NaKaisha Tolbert-Banks humbly serves as TAARN's resident REAL Talk mental health connector with support from TAARN leadership.