

CHARITY SMITH

Trauma Informed Mental Health Professional and
Podcast Guest



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OFFICAL BIO

Charity (they/them) is a queer, kinky, polyamorous person with a mission to improve mental health care for 2SLGBTQIA+ folks and anyone else who has felt unseen or unrepresented in mental health services. In 2019 They founded Charity Smith Counseling which aims to create a safe(r) space built on respect, honesty, and creativity as a trauma informed psychological counselor. They specialise in working with queer, non-monogamous, kinky, and sexually diverse folks on a wide variety of topics. Charity has always believed stories and education can connect us to one another, foster greater sense of belonging, and are tools for helping us make sense of the world. Which is why They are excited to engage with the podcasting world.

WEBSITE

www.charitysmith-counseling.com

EMAIL

Hello@charitysmith-counseling.com

LINKEDIN

www.linkedin.com/in/charity-smith/