



THE CAPITAL CATALYST

NEWSLETTER

Compliments of Edana Thompson, CEO of AEG Legacy LLC

Be the Source for Better Health: Improving Health Outcomes Through Our Cultures, Communities, and Connections



National Minority Mental Health Awareness Month is crucial for several reasons:

- **Raising Awareness:** It highlights the unique mental health challenges faced by racial and ethnic minority communities. This awareness is essential for understanding and addressing the disparities in mental health care and outcomes.
- **Reducing Stigma:** Mental health stigma can be particularly strong in minority communities. This month helps to break down these barriers by promoting open conversations about mental health and encouraging individuals to seek help without fear of judgment.
- **Honoring Advocates:** The month honors the work of advocates like Bebe Moore Campbell, who fought tirelessly for mental health support in minority communities. Her legacy continues to inspire efforts to improve mental health care for all.
- **Encouraging Community Support:** It fosters a sense of community and support among minority groups. By coming together to address mental health issues, communities can create stronger support networks and improve overall well-being.

FINANCE FOCUS

CAPITALIZE ON OPPORTUNITY: GET A BUSINESS LOAN



Obtaining a business loan involves several key steps. Here's a simplified guide to help you through the process:

1. **Determine Your Needs:** Identify why you need the loan.
2. **Choose the Right Loan Type:** There are various types of business loans, such as term loans, SBA loans, lines of credit, equipment financing, and microloans. The right one for you depends on your specific needs.
3. **Check Your Eligibility:** Lenders will look at your credit score, business history, revenue, and other factors.
4. **Compare Lenders:** Research different lenders, including banks, credit unions, online lenders, and microlenders. Compare their interest rates, terms, and fees to find the best fit for your business.
5. **Gather Necessary Documents:** Prepare your financial statements, tax returns, business plan, and any other required documents.
6. **Apply for the Loan:** Submit your application to the chosen lender. Be prepared to answer any additional questions they may have and provide further documentation if needed.
7. **Review and Accept the Loan Terms:** Once approved, carefully review the loan agreement. Make sure you understand the terms and conditions before accepting the loan.

If you need more detailed guidance, feel free to contact us at AEG Legacy LLC. We have relationships with 60 lenders and we fund all business types.

Visit our website for more information and to complete our quick pre-qualification form.

aeglegacy.com

407-887-0270



SG Mental Health Counseling offers a variety of services to improve the mental health of children, young adults, and geriatric adults with disabilities, Lifestyle changes, depression, anxiety, socioeconomic challenges, and victims of abuse.

Individual Counseling • Couples Counseling • Family Counseling • Group Counseling • Wellness Coaching Program

If you or someone you know is in need of counseling, please get in touch with SG Mental Health:

Office [850] 536-6632 | Consultation Line [850] 405-3639 | Visit SGmentalhealthservices.com