

# Checking In w/ Sarah Jakes Roberts

*author:*



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## Synopsis

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Michelle and Sarah Jakes Roberts dig deep into being a woman in today's society and mastering how to "have it all." They also discuss the church's role in mental health. The conversation moves Michelle to open up about the importance of having supportive friends like Sarah, reminding us to CHECK IN with our "strong friends" and making sure we all get the help we need.

National Suicide Prevention Lifeline Contact Info:  
800-273-8255  
<https://suicidepreventionlifeline.org/>

Find a Therapist:  
<https://borislhensonfoundation.org/>  
<https://www.betterhelp.com/>  
<https://therapyforblackgirls.com/>  
<https://blackmenheal.org/>

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## Reader's comments

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