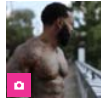
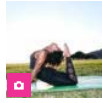


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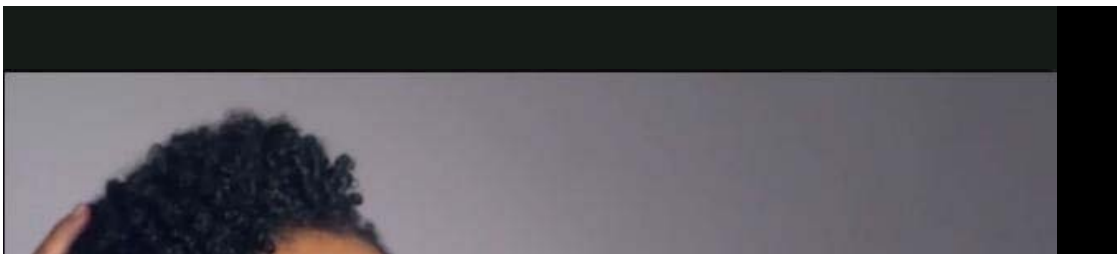
[SIRAAD DIRSHE](#) Sep, 25, 2018

There's much to be said about our social media habits. While some consider it a waste of time, others see it as a way to build community with like-minded individuals. It's the latter that intrigues [Dr. Jessica Clemons](#), affectionally called Dr. Jess by many of her 13K followers.

This psychiatrist, a medical doctor who diagnoses and treats mental illness, uses her platform to not only shine a light on the brilliant work she's doing but more importantly to connect her followers with each other and create a safe digital space for Black people to learn, grow and #BeWell.

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