



TRENDING

Megan Thee Stallion Creates Mental Health Resource Website 'Bad B*tches Have Bad Days Too'

by [CHELSEA BRIMSTIN](#)

SEPTEMBER 28, 2022

1 minute read



GETTY IMAGES

"I'm a bad bitch, and I got bad anxiety," Megan Thee Stallion sings on her most recent album, *Traumazine*. Now she's here to help fans who can relate with the launch of a new mental health resource website called [Bad B*tches Have Bad Days Too](#).



Ad Choices

The “Savage” artist has been [open about her own mental health journey](#) for quite some time now, after reflecting on turning to therapy in the wake of her parents’ death.

“I’ve lost both of my parents,” Megan Thee Stallion said at the time, according to *People*. “Now I’m like, ‘Oh my gosh, who do I talk to? What do I do?’ I just started learning that it’s OK to ask for help. It’s OK to want to go get therapy.”

Related: [Canada will launch 9-8-8 mental health crisis hotline in fall 2023.](#)

“As a Black person, and when you think of therapy you think of ‘Oh my gosh, I’m weak,’ you think of medication and you just think the worst,” she added. “That’s kind of what you see on TV too; like, therapy wasn’t even presented in the media as something that was good. Now it’s becoming safe to say, ‘Alright now, there’s a little too much going on. Somebody help me.’”

Now, the rapper is taking what she’s learned and using it to help by sharing a hub of resources made up of links to free therapy, crisis hotlines, substance abuse resources, Black mental wellness resources and therapists that specifically aim to help Black and LGBTQ2S+ people.

You may also like: [We need to acknowledge BIPOC mental health during times of crisis.](#)

“Hotties! You know how much mental wellness means to me, so I created a hub with resources that can help when you might need a hand,” Megan Thee Stallion wrote on Twitter, according to *Teen Vogue*. “Head to <http://badbitcheshavebaddaystoo.com> now and check it out. Love y’all so much.”

ADVERTISEMENT

In the words of Megan herself, that’s real hot girl shit.

See also: [Selena Gomez launches new mental health platform and opens up about her bipolar diagnosis.](#)



CELEBS

HEALTH

MENTAL HEALTH

SELF



WRITTEN BY

[CHELSEA BRIMSTIN](#)

MOST POPULAR

1. Tom Sandoval and Raquel Leviss' Cheating Scandal: Here's What We Know So Far
CHELSEA BRIMSTIN
2. This is Why Kate Middleton's Red Nail Polish is a Big Deal
LAURA GRANDE
3. Celebrity Couples 2023: The Hottest New Celeb Couples This Year
SLICE STAFF
4. Celebrity Breakups 2023: The Celeb Couples Who Called It Quits This Year
SLICE STAFF
5. My Story: I Attended a Residential School in Canada
TAALRUMIQ CHRISTINA KING

MORE TO EXPLORE

Recommended by Outbrain



Live In Toronto? Ryan Wants To Talk To You
lovemintmobile.com



Just legalised in Ontario; Powerful Arthritis Relief
Now Legal: New Arthritis Relief



Ontarians 50+ discover surprising coverage
Life insurance for Ontario residents with health issues.
Canadian Financial News



Toronto residents now breezing through customs...
Get Nexus Card

WATCH NOW: ORIGINAL SERIES

Prev



Worth the Hype

Pay Day

Go Here Meet Her

Slice TV Previews

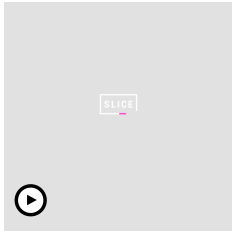
Sex Sessions

This is How She Does It

Made Y

Ad Choices

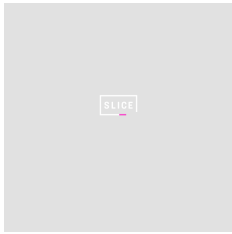
LATEST NEWS



RHOM

‘The Real Housewives of Miami’ Ranked by Net Worth

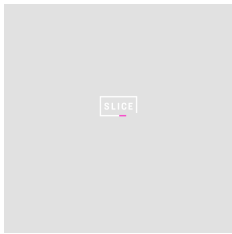
AMBER DOWLING



AMBITION

The Pros and Cons of AI Writing Your Resume

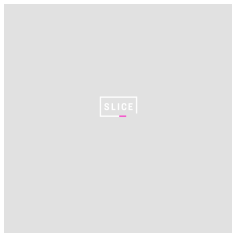
SABINA WEX



LIVING

10 Pink Houseplants to Add a Pop of Colour to Your Apartment

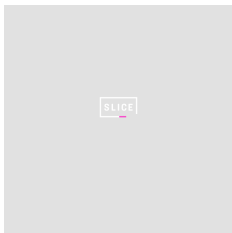
CHELSEA BRIMSTIN



SELF

What is an Ambivert? An Expert Reveals Signs That You are One

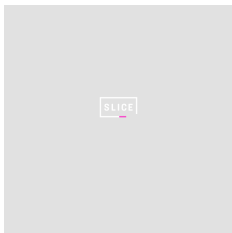
SUSY ALEXANDRE



THE RICHEST

20 Richest Singers of 2023, Ranked by Net Worth

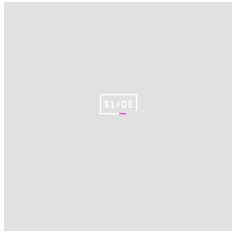
DOUG MURRAY



TRENDING

Get The Look: The Hottest Sunglasses Inspired by Celebrities

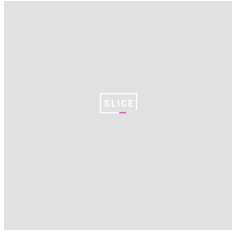
KRIZIA RAMOS



TRENDING

Maximizing Your Travel Dollars: Here’s How to Book a...

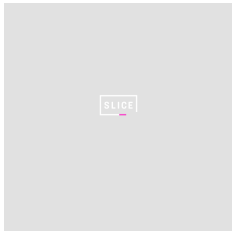
CHELSEA BRIMSTIN



FOOD

Meal Prep Hacks to Make Your Work Week Easier

SHOREY ANDREWS



TRENDING

Tom Sandoval and Raquel Leviss’ Cheating Scandal: Here’s...

CHELSEA BRIMSTIN

ADVERTISEMENT



SIGN UP FOR NEWSLETTER

ABOUT US

PRIVACY

Ad Choices

[TERMS OF USE](#)

[ADVERTISE](#)

[ADVERTISING
STANDARD TERMS](#)

[ACCESSIBILITY
FEEDBACK](#)

[WHERE TO WATCH](#)

© 2023 Corus Entertainment Inc. All rights reserved. Corus Television.