



ALICIA TETTEH

change agent, creator, educator

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About Alicia

Alicia Tetteh, MSW, LCSW is a mental health Therapist residing in Charlotte, NC. She attended Virginia Commonwealth University for her undergraduate degree and Howard University for her Master's degree—both in Social Work. Alicia currently runs her own private practice, Building Endurance PLLC where she provides outpatient therapy to children and adults; clinical supervision for provisionally licensed therapists and educational trainings for the community. Last year Alicia created the ATTUNE app in hopes of connecting more individuals to mental health services. This year she published, Not Healed As F***, a journal created for those in the helping profession to practice reflection and self-care.

She teaches in the Master's of Social Work program out of Simmons College and University of North Carolina Charlotte, and Winthrop University. Some of her platforms include advocating for healthy relationships, empowerment, and decreasing the stigma around mental health. She is a proud member of Delta Sigma Theta Sorority Inc

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Alicia Tetteh

Past Speaking Events

On Women and Leadership
Good Morning Charlotte News
WBTV News
Dear Sister CLT
Centered: Mentally Finding you Way in a New Normal
Basics of Starting a Private Practice
Growing Through Grief
Learning to Love You
The Art of Healthy Communication
Intimate Connection
Group Facilitation Training
For the Culture hosted by Belk
Mental Health Matters Event hosted by Belk
Healing in Progress- Millennial Social Work Conference

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Previous Partnerships

Thank God It's Natural
Silence the Shame
Be Social- Social Status
Mental Health of America

New York City Black Women's Political Club
UNC Charlotte
KIPP Charter School Charlotte

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