

Normalizing the Black Mental Health Conversation



What we can do

- Strengths based conversations within families and communities that highlight resilience and survival.
- Open communication about family history, emotions, and experiences (no secrets).
- Acknowledge your own generational trauma.
- Differentiate what is important to YOU from your parents, family, and or community.
- Commit to daily ACTION that is in the direction of what is important to you.
- Seek professional help to process trauma and to learn healthy coping skills.

Common Mental Health Challenges in the Black Community

Prevalence of Mental Health Conditions:

- Black adults in the U.S. are 20% more likely to experience serious mental health issues than the general population. Common conditions include depression, anxiety, and PTSD. thementalhealthcoalition
- Black Americans are also twice as likely to be diagnosed with schizophrenia compared to their white counterparts, which may be partly due to racial bias in diagnoses. thementalhealthcoalition

Mental Health Access and Disparities:

- Only 4% of psychologists in the U.S. are Black, which limits culturally sensitive care. umich.edu
- Black individuals are less likely to receive consistent mental health care, often due to lack of access, underinsurance, or mistrust of the healthcare system. psychiatrictimes.com

Youth Mental Health Crisis:

- Black youth are disproportionately affected by mental health issues. Recent data shows a sharp rise in suicide rates among Black adolescents, especially among boys aged 5 to 12. psychiatrictimes.com
- Black children are more likely to be misdiagnosed or diagnosed with disruptive disorders like oppositional defiant disorder, instead of conditions like ADHD, due to racial biases in psychiatric care. psychiatrictimes.com

RESOURCES

National Alliance on Mental Illness (NAMI)

1-800-950-NAMI (6264)

Mental Health America

www.mhanational.org

Substance Abuse and Mental Health Services

Administration (SAMHSA)

1-800-662-HELP (4357)

Black Mental Health Support Hotline

1-800-604-5840