

# SUNDAY MORNING HEALTH CORNER

## Accessing Mental Health Care



**Only around 30% of African American adults with a mental health condition receive treatment,**



compared to the US average of 43%.<sup>1</sup> Finding and accessing mental health care can be overwhelming, but it's important to take that first step.



## How Can I Access Mental Health Services?



**Seek** help from a trusted healthcare provider (HCP).



**Source** resources and information on mental health conditions from trusted mental health advocacy groups and HCPs.



**Build** and lean on your support network, which can include family, friends, and your treatment team.



## How Can I Kickstart My Mental Wellness Journey?



**Advocacy groups, mental health professionals,** or your **primary care doctor** can help you find a treatment team and plan that works for you. **Talk to your HCP** about treatment options, which may include **supportive therapy** or **medication**.



**Talk about your treatment goals** with your HCP. **Ask how your beliefs and values** will play a role in your treatment plan.



**If you have questions about financial help,** contact your local mental healthcare clinic or advocacy group to find out what services are available to you.

Remember, managing a mental health condition with the right treatment plan is important **to help you live your day-to-day life to the fullest.**

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If you or a loved one is in crisis, call 911 as soon as possible. If you or a loved one needs someone to talk to, there is confidential support available 24/7 for everyone in the United States by calling **1-800-273-8255** for the National Suicide Prevention Hotline. This resource has been developed as part of a paid sponsorship with Janssen Pharmaceuticals, Inc.

1. National Alliance on Mental Illness. African American Mental Health. <https://www.nami.org/Support-Education/Diverse-Communities/African-American-Mental-Health>. Accessed April 14, 2020.