Only around 30% of African American adults with a mental health condition receive treatment, compared to the US average of 43%. 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.

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.

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