The African American community has the highest rate of church attendance among all racial or ethnic groups in the United States. While faith and a faith-based community often play a meaningful role in a treatment journey, it is also important to speak to a healthcare professional (HCP) if you or a loved one lives with a mental health condition. Our mental health is just as important as our physical health.

Who can I talk to about my mental health concerns?

HCPs play a vital role in helping adults manage a mental health condition. A primary care doctor can connect you or a loved one with HCPs specializing in mental health treatment, which can include counseling, group therapy, or medication. You can always ask for a referral from your primary care doctor.

As you work toward your health and wellness goals, finding an HCP who understands your values is key.

Start a conversation about your personal beliefs and values by asking questions like:

- How do you see my cultural background influencing our communication and my treatment?
- How do you plan to integrate my beliefs and practices in my treatment?

Know that mental health conditions are medical conditions that can be treated. Talk to a trusted HCP to find a treatment plan that works for you, such as medication and supportive therapies.

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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