

# SUNDAY MORNING


## HEALTH CORNER

### Common Barriers to Mental Health Care Access


Communities of color must often overcome a myriad of disparities to gain access to mental health services. The increased number of psychological difficulties in the Black community has also been attributed to the lack of access to relevant and culturally responsive mental health care. Other factors, including racism, the daily environment of Black individuals, and past medical traumas, also contribute to the inability to access proper mental health care.




### Common Barriers African Americans Face

 **African Americans are less likely to have health insurance**, which causes prevention in seeking therapy and other medical attention needed to help with their mental wellness.





 **Cultural mistrust** of mental health professionals is a common attitude taken by those in African American communities, which can cause an individual not to receive treatment.


 Because **less than 2 percent** of American Psychological Association members are Black or African American, some may worry that mental health care practitioners are not culturally competent enough to treat their specific issues.



### How to Overcome Common Barriers

 Conduct stigma awareness training in faith institutions, community organizations, and primary care facilities.

 Support academic-community partnerships that focus on culturally competent academic health training and the provision of health services.

 Increase awareness of connections between chronic diseases and mental health.

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[www.balmingilead.org](http://www.balmingilead.org)

620 Moorefield Park Drive, Suite 150

Richmond, VA 23236

804.644.2256