

SUNDAY MORNING

HEALTH CORNER

Supporting the Mental Wellness of African American Men

Mental health is a topic that many Black men consider taboo. As a result, mental health is rarely discussed, leading African American men to suffer in silence too often.

Did You Know?



7% of African-American men will develop depression in their lifetime.



Depression is not a weakness. It is an illness that can cause disability and even death.



Men experience depression differently. Men who are depressed may be more likely to be **very tired, feel irritable, and have difficulty sleeping.**



When mental disorders like depression aren't treated, **African American men are more vulnerable** to drug or alcohol use, homelessness, incarceration, homicide, and suicide.

Pathway to Healing



Heal Through Understanding: Seek help from a trained, culturally competent mental health professional. A primary care professional is also a great place to start.



Heal Through Community Building: A trusted support team is helpful in identifying changes you may not readily see in your mood or behavior. Communities can flourish online through private online groups, group texts, and socially distanced meetings.



Heal Through Self-Care: Self-care involves setting boundaries to prioritize your needs. Personal boundaries are simply the lines we draw for ourselves regarding our level of comfort around others.



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