

SUNDAY MORNING Health Corner

Mental Health Awareness for African American Men

Mental illness remains a taboo topic for African American Men. Although just as likely to struggle with mental health, **Black Men often don't get the help they need.** Cultural expectations of masculinity compounded with the impact of socio-economic and political influences tend to leave mental illnesses within Black men underdiagnosed, leaving these men without vital care and support.

Here are some ways to create a support system to improve mental health.



Create community. Relationships from fraternities, teams, and faith-based groups matter. Even bonds forged at everyday places like the barbershop or gym allow for men to connect in comfortable settings, making space for uncomfortable conversation and ways to offer support.



Talk to trusted people. Speaking with a therapist or other licensed clinician may be helpful as they can assess your symptoms and develop a clinical treatment plan for your needs.



Know the signs. Often mental health disorder symptoms are considered a normal part of life, so they go unnoticed. Pause to reflect if you notice extended changes in sleep or appetite, loss of motivation, or prolonged feelings of sadness, hopelessness, or worry.

Remember, there is support and there is hope!

If you or a loved one is experiencing symptoms, talk to a trusted healthcare professional. Stay connected with a support network, such as friends, family, or clergy.



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