

SUNDAY MORNING Health Corner

Getting Supportive About Serious Mental Health Conditions

Nearly 1 in 25 adults in America live with a serious mental illness [1]. Yet, African Americans are half as likely as white counterparts to use mental health services. With only an estimated 30% of African American adults living with a mental health condition are receiving treatment [2], it's essential for Black people to speak up, speak out, and communicate with healthcare professionals to get proper mental health care.

How can I support if I believe that I or my loved one has a serious mental health condition?



Acknowledge that individuals diagnosed with a serious mental health condition can live full, rewarding lives, especially if they seek and follow treatment as needed.



Use reputable sources to research and identify mental health condition symptoms, and to find support and care services.



Reach out to family members, friends, advocacy organizations, or your healthcare provider to help begin building your support network.



Talk with your healthcare provider about your concerns, feelings, and ways to improve your mental health using with a treatment plan.



Remember, managing mental health conditions is just like managing other medical conditions. So, with a supportive community and the right treatment plan you can live 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.

1. National Alliance on Mental Illness. African American Mental Health. <https://www.nami.org/nami/media/nami-media/infographics/generalinfacts.pdf>African-American-Mental-Health. Accessed November 23, 2021.

2. National Alliance on Mental Illness. African American Mental Health. <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>. Accessed November 23, 2021.

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