

# SUNDAY MORNING Health Corner

## Supporting Black Men Through Mental Health Awareness

The mental health needs of Black men are often overlooked because of cultural expectations of masculinity. Even though Black males are just as likely to experience mental health issues as any other group, they are less likely to receive the treatment they need.

Now, **new mass traumas** from COVID-19 (uncertainty, loneliness, sadness from financial or personal losses), police violence and its fetishization in the mainstream media, and divided political discourse add compounding layers of complexity for people to effectively manage.

However, there are ways to create a support system to **improve mental health**.



**Create a sense of belonging.** Fraternity, team, and faith-based group relationships matter. Even commonplace ties, such as those formed at the barbershop or the gym, allow men to meet in a safe environment and have conversations and ways to offer support.



**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!

*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.*



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