

SUNDAY MORNING Health Corner

Getting Supportive About Serious Mental Health Conditions

Nearly one in 25 adults in America lives with a serious mental illness. Yet, African Americans are half as likely as their white counterparts to use mental health services. With only an estimated 30% of African American adults living with a mental health condition receiving treatment, 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 get 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 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 are in crisis, call 911 as soon as possible. If you or a loved one need someone to talk to, there is confidential support available 24/7 by calling 1-800-273-8255 for the National Suicide Prevention Hotline.



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