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.