

SUNDAY MORNING Health Corner

Support for Serious Mental Health Conditions

The close of Mental Health Awareness Month is an opportunity to acknowledge that less than one-third of Black Americans contending with a mental health condition are receiving treatment.

It is essential to the health of our families and communities that Black people speak up, speak out, and communicate with healthcare professionals.

If you, or a loved one, need support:

- Be aware 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 identify symptoms of mental health conditions, and to find support and care services.
- Reach out to family members, friends, advocacy organizations, and your healthcare provider to help begin building a support network.

In a crisis situation, call the three-digit 988 code to reach the Suicide & Crisis Lifeline. The 988 Lifeline is available 24/7.



THE
BALM 
IN
GILEAD TM
INC.

www.balmingilead.org