

# SUNDAY MORNING

# Health Corner

## Mental Health in the Black Community

Breaking the stigma surrounding mental health within our community is crucial for fostering **well-being, resilience and accessing the necessary support.**

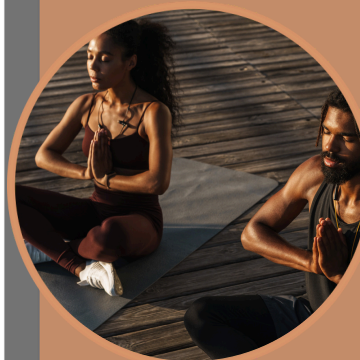
Historically, mental health issues have often been minimized or ignored due to cultural norms and mistrust of medical institutions.

Seeking help from mental health professionals who share similar **cultural backgrounds** or have specialized training in cultural competence can also help break down barriers to effective care.

Support groups, both online and in-person, create safe spaces for sharing experiences and coping strategies.

**Faith-based** initiatives can also bridge the gap between **spiritual well-being** and mental health care. Encouraging self-care practices and stress management techniques,

**Empowering our community** is a transformative step toward **breaking the stigma** and enhancing collective mental well-being.



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