



## Black Mental Health: Awareness and Empowerment

August is Global Black Mental Health Awareness Month (GBMHAM), created to recognize the unique mental health needs of Black communities worldwide. Organizations like Black Therapy Central lead efforts to promote open conversations, share resources, and provide culturally specific care.

### Mental health care that sees people, supports their needs, and strengthens communities.

Mental health isn't just personal, it's about community healing. Black communities around the world face distinct mental health challenges tied to global systemic racism. From stress and anxiety to self-image and identity struggles, addressing these needs requires solutions that speak directly to the Black experience.

Whether you're caring for yourself or supporting someone else, speak openly about mental health. Share resources, ask for help when needed, and stay connected to those who can support your wellness journey. Healing happens when we face challenges together.

### Why It Matters

- Black communities globally experience higher rates of mental health issues linked to systemic racism.
- Access to culturally competent mental health care remains limited.
- Building collective wellness starts with honest conversations and community support.

### What Can You Do

- Share mental health resources created for Black communities.
- Support Black mental health organizations and initiatives.
- Normalize open conversations about mental health within your circles.
- Advocate for equitable mental health policies and funding that prioritize Black communities.
- Participate in or organize mental health awareness events, panels, or workshops focused on Black wellness.



For more Information, visit [pmc.ncbi.nlm.nih.gov](https://pmc.ncbi.nlm.nih.gov)



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment, and access to care through education, programming and advocacy. Learn more at [balmingilead.org](https://balmingilead.org)

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