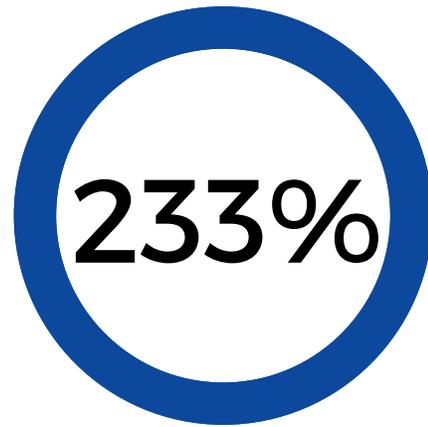


African American Mental Health

African Americans in the United States are less likely to receive accurate diagnoses than their Caucasian counterparts.

African Americans have less access to mental health services than Caucasians, are less likely to receive needed care, and are more likely to receive inferior quality of care when they are treated.

Advancing racial equity is a commitment that must go hand-in-hand with reform to both the criminal justice system and the mental health system.



Across a 15-year span, suicide rates increased **233%** among African Americans aged 10-14 compared to the **120%** among Caucasian Americans in the same age group across the same span of time.



Encouragement in the community to join mental health related professions can **increase** the number of African American mental health care providers and increase social sensitivity among the provider community.

Quick Stats:

- African Americans comprise 40% of the homeless population.
- Depression among black youth is 30% higher than average for their age group.
- Only one-in-three African Americans who need mental health care actually receive it.
- African Americans with mental health conditions - especially those with psychotic symptoms - are more likely to be incarcerated than people of other races.

Data adapted from "African American Community Mental Health Fact Sheet" published by the National Alliance on Mental Illness.

Learn how you can help at nami.org/minoritymentalhealth



NAMIMaryland



NAMIMaryland



NAMIMaryland



www.namimd.org

 **NAMI** Maryland

National Alliance on Mental Illness
info@namimd.org
1-877-878-2371
410-884-8691

African American Mental Health

Support and Resources

Please note: The resources included here are not endorsed by NAMI, and NAMI is not responsible for the content of or service provided by any of these resources.

Black Emotional and Mental Health Collective (BEAM)

BEAM is a group aimed at removing the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts.

www.beam.community

Black Mental Health Alliance

The Black Mental Health Alliance provides information, resources, and a “Find a Therapist” locator to connect African Americans with a culturally competent mental health professional.

www.blackmentalhealth.com | (410) 338-2642

Black Mental Wellness

Black Mental Wellness provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective, as well as training opportunities for students and professionals.

www.blackmentalwellness.com

Boris Lawrence Henson Foundation

BLHF has launched the COVID-19 Free Virtual Therapy Support Campaign to raise money for mental health services provided by licensed clinicians in their network. Individuals with life-changing stressors and anxiety related to coronavirus will have the cost for up to five (5) individual sessions defrayed on a first come, first serve basis until all funds are committed or exhausted.

borislhensonfoundation.org

Brother You're on My Mind

This is an initiative launched by Omega Psi Phi Fraternity, Inc. and NIMHD to raise awareness of the mental health challenges associated with depression and stress that affect Black men and families. Their website offers an online toolkit that provides Omega Psi Phi Fraternity chapters with the materials needed to educate fellow fraternity brothers and community members on depression and stress in Black men.

www.nimhd.nih.gov/programs/edu-training/byomm

Melanin and Mental Health

Melanin and Mental Health connects individuals with culturally competent clinicians committed to serving the mental health needs of Black & Latinx/Hispanic communities. They also promote the growth and healing of diverse communities through its website, online directory, and events.

www.melaninandmentalhealth.com