

HONORING BLACK HISTORY MONTH AND MENTAL HEALTH

OVERCOMING BARRIERS OF THE "MAN UP" MENTALITY

Presented by Probation Support Services

When it comes to mental health, were you taught this?

"It's a personal problem. You don't discuss it with others outside the family."

"Be a tough guy."

"If you talk about feelings, it makes you look weak."

Did you know that Black Americans experience similar rates of mental illness as other Americans? According to the [Substance Abuse and Mental Health Service Administration's](#) National Survey on Drug Use and Health (NSDUH, 2021), 16% (4.8 million) of Black and African American people reported having a mental illness, and 22.4% of those (1.1 million people) reported a serious mental illness over the past year. Binge drinking, smoking (cigarettes and marijuana), illicit drug use and prescription pain reliever misuse have also grown among Black and African American adults with mental illnesses over that time. (SAMHSA 2020)

Black men are not properly receiving the help they need for these mental health issues. In fact, only 26.4% of Black men ages 18 to 44 who experienced daily feelings of anxiety or depression were likely to have used mental health services, compared to 56.7% of the general population with the same feelings (NSDUH, 2021).

Black men's mental health is more complex than statistics or clinical diagnoses. Black adults living below the poverty line are more than twice as likely to report serious psychological distress than U.S. adults who enjoy greater financial security (U.S. Department of Health and Human Services' Office of Minority Health).

What You Can Do:

Acknowledge the truth about how you feel. Identify problem solving strategies, coping, and resources for help. Strengthen each other. Contact Probation Support Services for free and confidential counseling, consultation, and support. We are here to support you!

Probation News

Further Reading

[10 Black Pioneers in Mental Health You Should Know](#)


[Mental health among African Americans: Innovations in research and practice](#)
Turner, E. A., Lexington Books, 2019

[Recovering your sacredness](#)
Tello, J., Sueños Publications, 2018

[The Racial Healing Handbook](#)
Singh, A. A., New Harbinger Publications, 2019

Probation Support Services
Seek help and support. Don't isolate. You can contact us 24/7
Phone: 818-788-8016
Email: info@probationsupportservices.com
www.probationsupportservices.com

**Do you know someone who might need some counseling or other support?
Use the LAPIS Peer Support Model below:**




LAPIS Peer Support Model

- L


Listen & Assess for Distress or Harm

Listen actively. Assess if there is any danger to themselves or to you. If needed contact a warm-line, local mental health informed responders, trusted community members, or mobile crisis units for support.


- A


Affirm Their Experience

Affirm that their feelings are valid without minimizing or refuting them. Reminder: You can affirm feelings without agreeing with narratives or stories.


- P


Partner to Navigate Care & Seek Services

Partner with them to explore resources, services and options to the extent to which they can. Be mindful of your own privilege and identities and their impact on how you behave and are received.


- I

Initiate Self & Community Care Plans.

Until mental health help is secured, create plans for care and accountability. Who will check in, bring food, medications, and other care? Identify safe support networks. Be sure to create a care plan for yourself as you care for others.


- S

Seek Out Help as Needed

Seek out local support such as trusted community members for insight on how you can help yourself or your friend. Resources, hotlines, and warm-lines can be found at: www.beam.community/talktosomeone

