

HOUSATONIC COMMUNITY COLLEGE
“WELLNESS IN A MINUTE ”

**BLACK
MENTAL
HEALTH
MATTERS**

Stigma
ends
when
conversation
begins.

Mental Health In The Black Community

- Since being kidnapped from Africa and sold into slavery, Black people have had a hard history with mental health.
- In the Black community, many people misunderstand what a mental health condition is and because of stigma avoid talking about it.
- This lack of knowledge leads many to believe that having a mental health condition is shameful and a sign of personal weakness.
- Many Black Americans are reluctant to discuss mental health issues as well as seek treatment because of the shame and stigma associated with such conditions.
- Many Black Americans also have trouble recognizing the signs and symptoms of mental health conditions, leading to underestimating the effects and impact of mental health conditions.
- Instead of seeking professional help for conditions such as depression and anxiety, many resort to self-medication, which often results in substance abuse or isolation in an attempt to solve their problems.
- Many Black Americans also have trouble recognizing the signs and symptoms of mental health conditions, leading to underestimating the effects and impact of untreated mental health disorders.

BLACK
HISTORY MONTH

**Warning Signs of
Mental Health Disorders**

- Ongoing of feelings of sadness, anger, irritability or unstable mood.
- Inability to Focus or Concentrate
- Inability to cope with daily problems
- Excessive fear, worry, or anxiety.
- Social withdrawal and isolation
- Dramatic changes in eating or sleeping habits.
- Thoughts of hurting yourself or others
- Poor school or work performance
- Problems with relationships
- Excessive alcohol or substance misuse
- Encounters with racial micro-aggressions

If You Need Help

**Call HCC Counseling and Wellness
203-332-5285
Or Call 211**