

Mental Health
and Supporting
Our Community



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- Stigma regarding mental illness remains a tremendous concern in the Black community
- According to the University of Texas at Austin, Hogg Foundation, racism is a mental health issue because it causes trauma and reinforces oppression imposed on the Black community through acts of marginalization and oppression
- Structural racism and implicit bias in health care greatly impact patient outcomes
- Black communities experience a disproportionate rate of trauma and discrimination over white counterparts. The impact may be higher rates of depression, anxiety, and exacerbation of mental illness
- Care plans are important to an individual's recovery journey, resiliency, and well-being. These may include therapy, medication, and supportive services
- Black adults with mental illness disproportionately receive treatment in emergency and hospital settings
- Utilization of 988 means diverting people from justice system involvement to crisis services and coverage for care

Create Safe Spaces That Lead to Timely and Equitable Care

- Talk with a trusted source and have a wellness plan of whom to call for support (eg, family member, friend, faith leader, or healthcare provider)
- Mental illness and medical conditions are not due to a lack of faith
- Prayer and faith are supportive systems, including for congregants with lived experience
- Understanding language about mental health conditions helps us to overcome stigma

Get Help Now!

**National Alliance on Mental Illness
Houston Warm Line**
1-713-970-4483

**Mobile Crisis Outreach Team
Harris Center 24/7 Crisis Line**
1-713-970-7000

**National Suicide Prevention
24-hour Lifeline**
988 or 800-273-8255

NAMI Helpline
1-800-950-NAMI (6264)
(M - F, 10 AM-10 PM ET), or
helpline@nami.org

Other Resources

Mental Health America
<https://www.mhanational.org>

National Alliance on Mental Illness
<https://www.nami.org>

**Substance Abuse and Mental
Health Services Administration**
<https://www.samhsa.gov>

Centers for Disease Control and Prevention
<https://www.cdc.gov/populationhealth/well-being/features/how-right-now.htm>