BLACK MENTAL HEALTH DAY

WHAT IS BLACK MENTAL HEALTH DAY?

Black Mental Health Day raises awareness about the harms of anti-Black racism on mental health in Black communities and the need to action systemic change.

Source: TAIBU Community Health Centre

This is an initiative of TAIBU Community Health Centre in Toronto created aimed at confronting anti-Black racism and its effects on mental health in Black communities.

Source: TAIBU Community Health Centre

BLACK CANADIANS AND THE FIGHT FOR MENTAL HEALTH AWARENESS

For African, Caribbean and Black (ACB) Canadians, the struggle for mental health is often a silent one. With misunderstandings within the community around what mental illness means and barriers that prevent individuals from accessing help or safe spaces, dealing with depression, anxiety and other disorders becomes challenging and complicated.

Source: Ottawa Public Health, 2020

"Race and racism both play a significant role in Black people's vulnerability to mental health distress and our reluctance to seek treatment"

Kevin Washington, president of the Association of Black Psychologists

WHY BLACK MENTAL HEALTH IS IMPORTANT?

Black Canadians experience significant social and economic challenges that can have negative implications for their mental health. These challenges include: institutional, and systemic anti-Black racism and discrimination. A lack of access to culturally appropriate and competent services and stigma related to mental health and to accessing support services

Source: Public Health Agency of Canada (PHAC), 2020

PERCEPTIONS OF HOW MENTAL HEALTH SERVICES CAN IMPROVE FOR OTTAWA'S BLACK COMMUNITY

A 2020 survey conducted with 100 members of Ottawa's Black community asked what could be done to make accessing mental health services easier.
Source: Ottawa Public Health, 2020

"...our experience of mental health is very unique because of just how we exist in society.

Biatris Lasu, Founder of Women of Color Remake Wellness

SERVICE PROVIDER WHO UNDERSTANDS MY NEEDS **38%**

Culturally senstive staff **36%**

Affordable services **36%**

Easy access to support services **30%**

Service provider who can speak my language **13%**

WAYS TO HONOUR BLACK MENTAL HEALTH DAY

- Participate in community-led events that center impacted voices in discussions on addressing mental health in Black communities.

- Share poster about Black mental Health Day

- Upload a new social media cover photo

- Learn more about anti-Black racism and its implications on mental health

Source: Unifor