

Exploring the Intersection of Identity & Mental Health

in Black Communities in honor of Juneteenth

WHAT IS INTERSECTIONALITY?

Intersectionality is way of understanding how a person's social, demographic, and personal identities combine to create different modes of discrimination & privilege. Intersectionality identifies multiple factors of advantage and disadvantage, which may contribute to mental wellness.


SUPPORT IS AVAILABLE. YOU ARE NOT ALONE.


Suicide is the leading cause of death for **BLACK YOUTH** ages 5-12



Source: Association of American Medical Colleges

NAMI Baltimore is Here to Talk About It

 **Weekly Support Groups**
NAMI Metro Baltimore's free support groups provide opportunities to connect with people who have faced similar experiences with mental health.

 **NAMI Sharing Hope**
NAMI Sharing Hope is **by** the Black and African American community, **for** the community. Designed to foster conversation through a 3-part series grounded in the sharing of sacred stories and dialogue on wellness and support, it's a free safe space to talk about mental health— because people of Black and African Ancestry deserve supportive & healing spaces.

Visit www.namibaltimore.org or call our HelpLine (410) 435-2600 to connect with these resources!

KEY RISK FACTORS

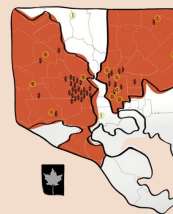
Stigma surrounding seeking mental health support in the Black community

Experiencing racial discrimination

Traumatic headlines and social posts about racially motivated tragedies



Increased risk of exposure to violence due to racist redlining* and gentrification practices



Redlining* is a racist tactic to keep different races in separate neighborhoods

A D D I T I O N A L R E S O U R C E S

Black Mental Health Alliance
www.blackmentalhealth.com

NAMI Sharing Hope
www.namibaltimore.org

Inclusive Therapists
www.inclusivetherapists.com

Black Girls Smile
www.blackgirlssmile.org