



# African Americans: How to Find Culturally Competent Mental Health Care

For African Americans seeking treatment for mental health conditions, discussing their concerns with a primary care physician is a good place to start, especially to get an initial mental health assessment and a referral to a mental health specialist. But finding the right specialist can be tricky. Provider bias — both conscious and unconscious — and a lack of cultural competency can result in misdiagnosis and inadequate treatment.

## When evaluating mental health care providers, ask:

- Have you treated other African Americans
- Have you received training in cultural competence or African American mental health
- How do you see our cultural backgrounds influencing our communication and my treatment

## After your session with your primary care physician or mental health provider, ask yourself:

- Did my provider communicate effectively with me
- Is my provider willing to integrate my beliefs, practices, identity and cultural background into my treatment plan
- Did I feel like I was treated with respect and dignity
- Do I feel like my provider understands and relates well with me

If your answers are negative, it may be time to reevaluate your healthcare provider and your relationship with them.



# Black Mental Health Resources

## Black Emotional and Mental Health Collective:

A collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists and activists committed to the emotional/mental health and healing of Black communities.

## Black Girls Smile:

Ensuring all young African American females receive the resources and support necessary to lead mentally healthy lives.

## Black Mental Health Alliance:

Their mission is to develop, promote and sponsor trusted culturally relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.



## The Boris Lawrence Henson Foundation:

Their mission is to eradicate the stigma around mental health in the African American community.

## Inclusive Therapists:

Therapist directory, online trainings and workshops and inclusive mental health events.

## The Loveland Foundation:

Therapy fund uses donations to fund mental health services for Black women and girls.



# Black Mental Health Resources

## My Brother's Keeper:

An initiative of former President Obama's administration, this organization aims to unite and amplify the voices of Black men through mentorship.

## National Queer and Trans Therapists of Color Network:

A healing justice organization that actively works to transform mental health for queer and trans people of color in North America.

## The Safe Place:

Mental health smartphone app geared toward the Black community. Features include Black mental health statistics, inspirational quotes and self-care tips.

## Stop AAPI Hate:

Their mission is: To effectively address anti-Asian racism, we must work to end all forms of structural racism leveled at Black, indigenous and other communities of color.

## Therapy for Black Girls:

A space developed for Black women to navigate mental health in an accessible and relevant manner.

