

# 6 WAYS TO EMBRACE BLACK MENTAL HEALTH



01

## SHARE YOUR STORY

Your feelings and experiences are valid. Sharing experiences with others can help you realize #YouAreNotAlone and can help #BreakTheStigma around talking about mental health. Share your story [here!](#)

02

## RECOGNIZE SIGNS OF ANXIETY

- Excessive worrying or feeling on edge.
- Difficulty concentrating or mind going blank.
- Sleep problems or restlessness.



03

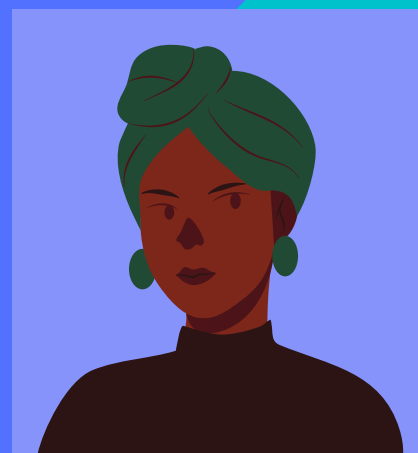
## RECOGNIZE SIGNS OF DEPRESSION

- Persistent sad, anxious, or "empty" mood.
- Feelings of guilt, worthlessness, helplessness.
- Loss of interest in hobbies and activities.

04

## UNDERSTANDING SUICIDE IN THE COMMUNITY

Did you know that according to a 2019 study by the U.S Department of Minority Health and Human Services, suicide was the second leading cause of death for blacks or African Americans, ages 15 to 24.



05

## TAKE ADVANTAGE OF AVAILABLE SUPPORT

In addition to ADAA's resources on the [Black/African American Communities webpage](#), there are podcasts, books and other free resources that can help you embrace mental health in your community.

06

## PRIORITIZE YOUR FEELINGS

It takes courage to explore uncomfortable feelings. Give yourself grace and permission to put your feelings first.



**ADAA**

Learn more: [www.adaa.org](http://www.adaa.org)