

RESOURCES, COMMUNITY, SUPPORT

FOR MENTAL HEALTH IN
THE BLACK COMMUNITY
IN OHIO AND BEYOND

National Suicide & Crisis Lifeline
CALL OR TEXT 988

 Life Is Better With You Here

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with you here.



APRIL 2024 NEWSLETTER

Greetings, Wonderful Community!

Welcome to the April edition of "Life Is Better with You Here" newsletter! As the days grow longer and spring begins to bloom, we're excited to bring you a wealth of information, resources, and inspiration to support mental health and wellness. April, a month symbolizing renewal and growth, offers us many opportunities to focus on self-care and mental well-being. Here's what's happening this month:



National Stress Awareness Month

Stress affects us all, but it's essential to recognize its impact and find healthy ways to cope. April is stress awareness month. Throughout the month, we'll share tips, tools, and techniques to manage stress effectively and improve overall well-

World Health Day

World Health Day is on April 7th. This year's theme for World Health Day is "Building a fairer, healthier world for everyone." Join us in advocating for mental health equity and access to quality care, ensuring that no one is left behind in the journey towards

Anxiety & Depression Awareness Week

Anxiety and depression awareness week is from April 23 - 29. Anxiety and depression are prevalent mental health conditions that affect millions worldwide. During this awareness week, we'll raise awareness by providing support and

Mental Health in the Black Community: Breaking The Stigma



If you or someone you know is struggling with thoughts of suicide, Call or Text the National Suicide & Crisis Lifeline @ 988

The roots of this stigma run deep, often intertwined with historical injustices, societal pressures, and misconceptions about mental health. To overcome this barrier, it's crucial to foster open dialogue and challenge the stereotypes that perpetuate stigma. By sharing personal stories, educating communities, and promoting understanding, we can create safe spaces where individuals feel empowered to discuss their mental health without fear of judgment or discrimination. Breaking the stigma requires a collective effort —one that prioritizes empathy, compassion, and inclusivity.



Promoting Access to Care

While strides have been made in mental health awareness, significant disparities persist in access to care within the Black community. Factors such as financial constraints, limited availability of culturally competent services, and systemic barriers

Cultural Competence in Health Care

Cultural competence lies at the heart of effective mental health care for Black individuals. It involves recognizing and respecting the diverse cultural backgrounds, beliefs, and experiences that shape an individual's worldview and

contribute to these disparities. To address this issue, it's essential to explore and support initiatives aimed at improving access to mental health resources. This includes advocating for policies that expand insurance coverage for mental health services, increasing funding for community-based programs, and investing in workforce development to ensure a diverse and culturally sensitive mental health workforce. By prioritizing accessibility and equity in mental health care, we can work towards breaking down barriers and ensuring that all individuals receive the support they deserve.

approach to mental health. Culturally tailored interventions, which integrate cultural norms, values, and traditions into treatment approaches, have shown to be more effective in engaging Black communities and addressing their unique needs. Additionally, advocacy efforts play a crucial role in dismantling systemic barriers that hinder access to culturally competent care. This includes advocating for diversity in mental health professions, culturally sensitive training for providers, and the integration of cultural competency standards into mental health policies and practices.



[Visit Their Website](#)

Community Spotlight

Each month, we shine a spotlight on individuals, organizations, or initiatives making a positive impact on mental health and wellness. If you know someone or a group worthy of recognition, reach out to us!

This month, we're highlighting The Loveland Foundation, which is dedicated to providing therapy and mental health support to Black women and girls. They offer financial assistance to those seeking therapy and also advocate for the mental health needs of the Black community.

Get Involved

Want to contribute to "Life Is Better with You Here"? We're always looking for contributors, volunteers, and partners passionate about mental health advocacy and support. Contact us to learn more about how you can get involved and make a difference in our community.

[Contact Us](#)

Five Black Mental Health Influencers You Should Know

Check out this article from Oaks Integrative Care featuring Black influencers in the mental health space. Learn more about the importance of understanding how mental health issues affect the Black community and discover a selection of influencers dedicated

to spreading awareness, sharing resources and creating positive change.



[Learn More](#)

LIBWYH PODCAST

Back To Basics S1 EP1 - Self-Care

Do you have a hectic schedule?

Do you find it hard to make time for yourself?

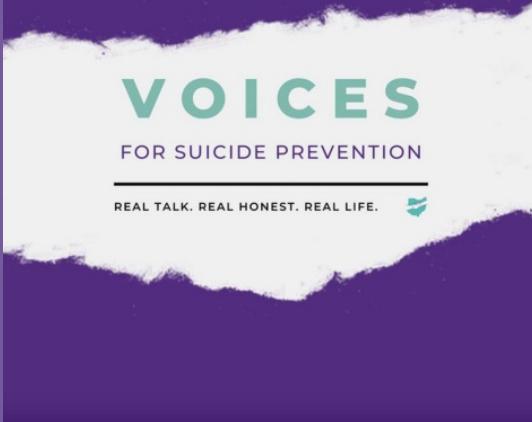
Are you always taking care of business but never yourself?

In our very first episode of the LIBWYH Podcast, Dr. Childs will guide you in creating a self-care routine that is easy to implement, so not only are you taking care of business, you're taking care of yourself.



[Watch Now](#)

LATEST EPISODE



A MOM GETS REAL ABOUT
DIFFICULT PREGNANCIES,
POSTPARTUM DEPRESSION, &
SUICIDAL IDEATION.

[LISTEN NOW](#)

For a long time throughout history, women have heard things like this when it comes to pregnancy, parenthood and postpartum depression: 'Isn't being pregnant just the best?' 'It's just the baby blues, it'll go away on its own.' 'Postpartum depression will likely lead to bad parenting.' Fact: PPD is a mental health condition, and no mother is weak or a poor parent if they experience it. It's actually just the opposite. Moms (and dads) who speak up and share their experiences break stigmas, help other parents and ultimately help babies, families and drive better health outcomes. We're doing just that with OSPF's Associate Director, Molly Mottram, who shares her real, unvarnished stories about difficult pregnancies, postpartum depression and finding her strength in both. Plus, as always, we share resources where you or someone you know, or love can get help.

BLACK MENTAL HEALTH DIGITAL RESOURCES



Children & Teens



Young Adults



Adults



Elders



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WWW.LIFEISBETTERWITHYOUHERE.ORG

RESOURCES

And remember, if you
need extra support right now,
call or text the National
Suicide and Crisis Lifeline at

988



SHARE
YOUR
STORY

we want to *hear* your story!

Your story may help others realize
Life is Better With You Here
Because it is!



Email your story to us at info@lifeisbetterwithyouhere.org



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