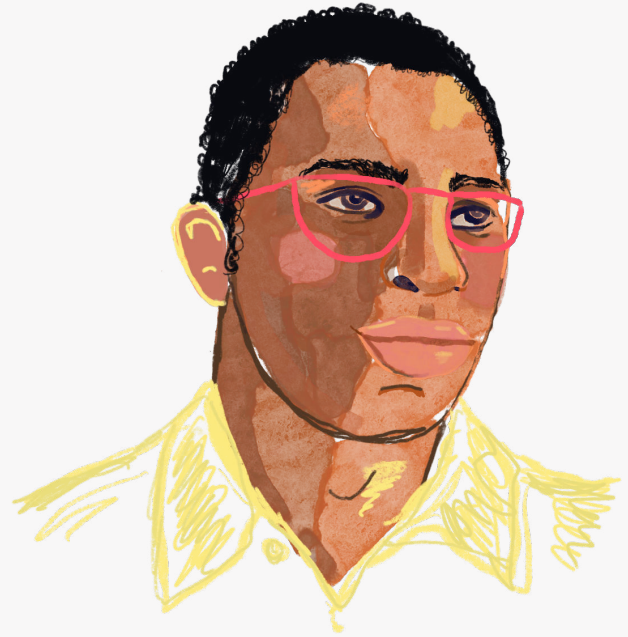


# Supporting Black Mental Health



## Learn about racial trauma

Racial trauma, the psychological distress and harm caused by racism, puts Black Americans at increased risk of mental health issues. Recognizing and addressing this intergenerational trauma requires increased support and resources for Black communities.

## Celebrate Black Joy

One way Black people can combat racial trauma is by celebrating Black Joy—practices like self-care and community engagement that cultivate self-worth. Another idea is following Black creators on social media to create a curated, empowering feed.

## Uplift Black voices

Everyone can support the Black community by uplifting Black voices in their day-to-day life, supporting Black-owned businesses, and promoting mental health organizations dedicated to Black well-being.

## Help break mental health stigmas

Breaking mental health stigmas involves normalizing conversations about mental health and sharing positive stories about therapy and mental health treatment. This can reduce the fear and shame often linked with seeking help.

