



MENTAL HEALTH

HOW IT:

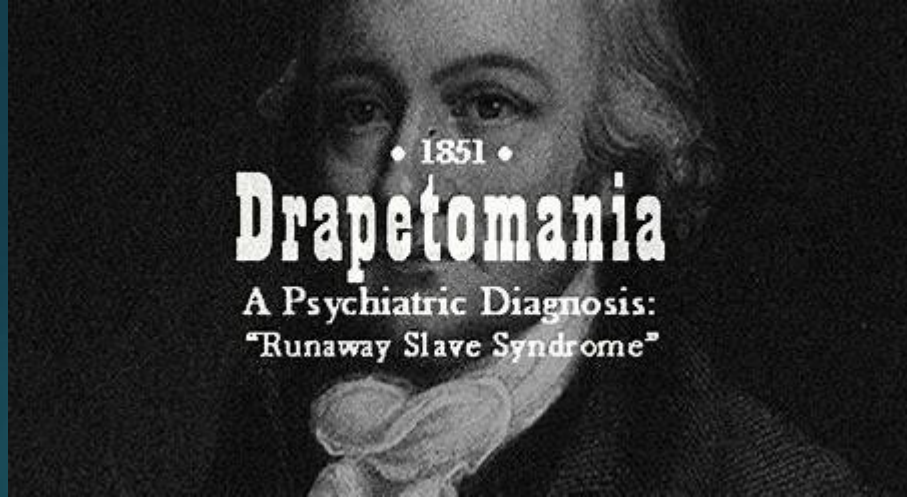
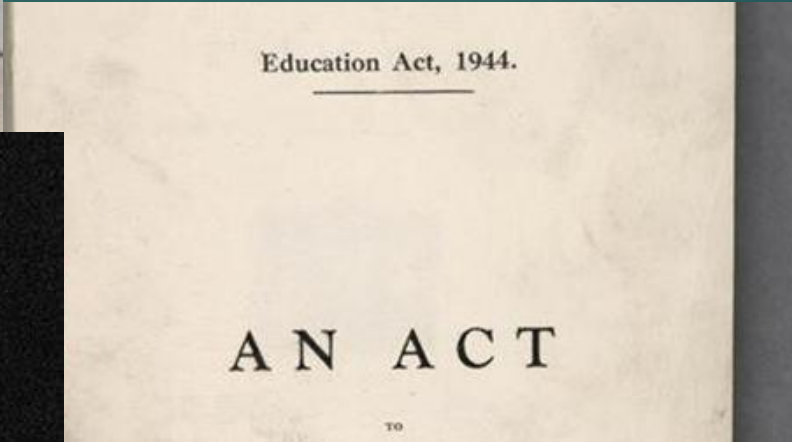
DEFINES US.

SHAPES US.

DETERMINES ACCESS.

CONTINUES INTO LIVED EXPERIENCE
& MENTAL WELLBEING.

GODWIN DAUDU
ADMIN SUPPORT/CHAIR
CITIZENS SENATE



HOW STORIES &
POLICIES
DEFINED OUR
REALITY &
MARGINALISED
OUR
COMMUNITIES



A large proportion of Britain's Asian population fail to pass the cricket test. Which side do they cheer for? It is an interesting test. Are you still harking back to where you came from or where you are? I think we have got real problems in that regard.

(Norman Tebbit)

IZQuotes

STIGMA & TRIGGERS

PRESENT REALITIES

- ▶ Stigma of Mental Health in the Black Community responsible for low uptake of engagement with GP.
- ▶ 40% of Black men in Psychiatric Hospital get there via the Criminal Justice System.
- ▶ Historic denial of access led to circle of fear and prevents engagement.
- ▶ Over 60% of Black People in the UK, STILL have a lived experience that their health is not equally protected by the NHS, according to House Joint Committee in Human Rights

TRIGGERS

- ▶ DISPROPORTIONATE HIGH NUMBER OF EXCLUSIONS FOR BLACK BOYS IN BOTH PRIMARY & SECONDARY SCHOOLS.
- ▶ DRUG/ALCOHOL ABUSE - NOT JUSTIFICATION/COPING MECHANISM.
- ▶ HEALTH INEQUALITIES/POOR RELATIONS WITH SERVICE PROVIDERS.
- ▶ FAMILY BREAKDOWN/LONE PARENTING/ROLE MODELS.
- ▶ UNFAIR CRIMINAL JUSTICE SYSTEM /IMPRISONMENT.
- ▶ HARASSMENT/BULLYING-SCHOOL OR WORK.
- ▶ SOCIAL AND ECONOMIC INEQUALITIES. GROWING BODY OF RESEARCH ALSO SUGGESTS THAT EXPOSURE TO RACISM LEADS TO MENTAL HEALTH PROBLEMS, LIKE PSYCHOSIS AND DEPRESSION.

LIVED EXPERIENCE

MH EFFECTS

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.” MentalHealth.gov

▶ https://www.youtube.com/watch?v=k4N-8J6wm_o

PRESENT REALITIES.

“When you are a brown Hindu non-binary person, the impact of gender, race and religion on your mental health is stronger. There are constant reminders in the world of how you are different, from equal opportunities monitoring forms, to the way people look at you on the street.” – Jasmin, Mind blogger

MENTAL HEALTH ISSUES & ETHNICITY

- CULTURAL BARRIERS WHERE MH IS NOT SEEN AS AN ISSUE.
- LANGUAGE BARRIERS AND LACK OF CULTURAL AWARENESS BY PROFESSIONALS.
- LACK OF UNDERSTANDING OF RACISM AND DISCRIMINATION BY SOME PROFESSIONAL STAFF.
- LACK OF PUBLICITY OF SUPPORT IN COMMUNITIES OF COLOUR.
- STEREOTYPES OF THE ANGRY AND AGGRESSIVE BLACK PERSON.
- LINK BETWEEN POVERTY AND EXPERIENCING MH ISSUES.

MENTAL HEALTH UK

“When we get ill, we need other options, places that we can trust. We can’t continually detain and unjustly target people. We know about the deaths in custody. We know their names: Roger Sylvester, Orville Blackwood, Rocky Bennett and many more. We see how black men are criminalised. And you think that we are easily going to mental health services? We need ways of accessing support long before things get that bad.”

COUNCELLOR MALCOM PHILLIPS

BLACK MENS’ MENTAL HEALTH IS THE NEXT PANDEMIC
ALEX HOLMES, GQ MAGAZINE OCTOBER 2020

COMMUNITY BASED PROJECT

ACTIVITIES

- ▶ BUILDING, EQUIPPING & EMPOWERING OUR COMMUNITY'S FACILITY TO SUPPORT, SIGNPOST & REFER.
- ▶ LINK OUR COMMUNITY WITH RELEVANT SERVICE PROVIDERS.
- ▶ HORTICULTURAL THERAPY. CULTIVATING CULTURAL PRODUCE.
- ▶ POST ACTIVITY GROUP THERAPY SESSION TO RE-BUILD SOCIAL SKILLS. BBQ PICNICS TO CONSUME ALLOTMENT PRODUCE.
- ▶ COLLABORATION WITH MULTI-AGENCIES INITIATIVES TO SHARE GOOD PRACTICE.

NURTURING YOUR ENTIRE WELL-BEING VIA HORTICULTURE.



IDENTIFY THE IMPACT & SPOT THE OPPORTUNITIES



MENTAL HEALTH SOLUTIONS

AGELESS ISSUES



KEY SOLUTIONS

