Stigma in Black Mental Health

A Spring 2019 Workshop for Students

According to the Health and Human Services Office of Minority Health, African Americans are 20% more likely to experience serious mental health problems than the general population due to unmet needs and other barriers. In the black community, there is often a negative stigma surrounding mental health. Instead of seeking professional help, many resort to self-medication or isolation. Seeking help with a culturally sensitive mental health provider can play an important role in treatment. When first speaking to a provider, be sure to mention your beliefs, values and cultural characteristics to ensure that you communicate well together.

When & Where
Monday, February 11
1:00-2:00 PM
African American Student Services
Mesa Vista Hall 1130

Workshop cosponsored by
African American Student Services

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu