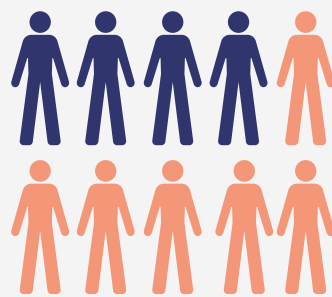


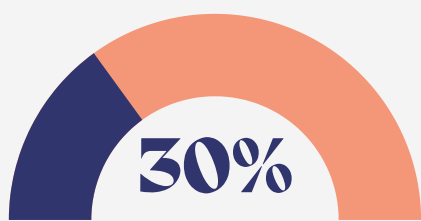
Mental Health Literacy for Black Communities

MENTAL HEALTH

Mental health is your general psychological, cognitive, and emotional state. Your mental health can fluctuate between mental wellness, mental illness, or fall somewhere in between. Just like physical health, we all have mental health! **4 out of 10 Black Canadians experience significant psychological distress.**



Mental Health Commission of Canada, 2021, Shining a Light on Mental Health in Black Communities, <https://mentalhealthcommission.ca/resource/shining-a-light-on-mental-health-in-black-communities/>. Accessed Jan. 2022.



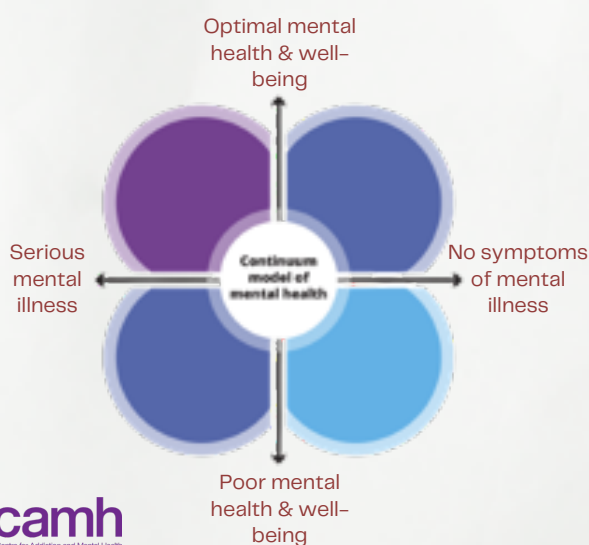
A 2021 study stated that **30% of Black Canadians expressed poor mental health** during the COVID-19 pandemic.

BLACK YOUTH

Black youth face specific barriers to accessing mental health care such as **financial barriers**, a lack of **culturally responsive care**, and systemic **anti-Black racism**.

Mental Health Commission of Canada, 2021, Shining a Light on Mental Health in Black Communities, <https://mentalhealthcommission.ca/resource/shining-a-light-on-mental-health-in-black-communities/>. Accessed Jan. 2022.

CONTINUUM OF MENTAL HEALTH



When having discussions about **mental health**, it is important to have the appropriate **terminology**.

WHAT HELPS?

Black youth say that having **open discussions** about their mental health, learning new **coping strategies**, and **peer support** would be supportive facilitators to accessing mental health care.

Mental Health Literacy is A lifelong skill that can be used for self, family, friends, and others.

MHL is for everyone!

