

HUDDLE *for* CHANGE

Race Equity & Mental Health

Here are some additional resources that allow us to equitably turn mental health awareness to action:

- ▶ Mhanational.org. "**Racism and Mental Health**," 2020 (<https://rb.gy/1uttiv>)
- ▶ MentalHealthFirstAid.org. "**Supporting the Black Community as a Mental Health First Aider**," 2021 (<https://rb.gy/h1ua6k>)
- ▶ M. Mensah, L. Ogbu-Nwobodo, and R. S. Shim. "**Racism and Mental Health Equity: History Repeating Itself**," 2021 (<https://rb.gy/soivbo>)
- ▶ NAMI.org. "**Identity and Cultural Dimensions**," (<https://rb.gy/k55agu>)
- ▶ Psychiatry.org. "**Mental Health Disparities: Diverse Populations**," (<https://rb.gy/ulhdna>)

Do You Know that 1 in 5 Americans Has a Mental Health Condition?

Tell Us What You Think



Community Partners

- nami-pinellas.org
- namihillsborough.org
- gcjfc.org
- floridablue.com



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