

Our Mental Health Matters.....



Facts:

- Suicide is now the 2nd leading cause of death among Black youth 10 to 19 years old.
- Many Black males view mental health as a weakness.
- Binge drinking, smoking (cigarettes and marijuana), use and prescription pain reliever misuse are more frequent among Blacks with mental illnesses.
- Black Men often dismiss depression or trauma as an issue; therefore, they don't think its a problem.
- Men can manifest hostility, aggressiveness, and anger when depressed. This makes them more irritable and can cause them to lash out at the smallest things.

Myths:

- Black Males don't need therapy.
- You should be ashamed about your mental health, thoughts and feelings.
- Everyone who goes to therapy is crazy or needs medication.
- You are your thoughts, feeling and impulses.
- Talking about your problems is complaining or makes you weak.

I May Need to Talk:

- I am withdrawn more then usual, feeling down, hopeless, or using drugs.
- I am having thoughts about hurting myself or someone else.
- I am easily triggered, irritable or confrontational with family, friends, co-workers and others.
- I am having difficulty focusing on tasks at home, in school, or work.
- I am not sleeping.
- I am just feeling some-type-of-way about a few things.

Your Mental Health Matters.....

Self – Care Tips

- Daily Positive affirmations
- Acknowledge the good things you and others do.
- Meditate
- Practice your faith.
- Reduce Screen Time



Get some exercise

- Take a walk.
- Try yoga, boxing, or fitness challenge.
- Go for a run.
- Go for a bike ride.



Comfort at home

- Spend time with family and friends that make you feel loved.
- Change your cloths and get comfy.
- Write in a journal.
- Listen to music.



Eat Healthy:

Red Promotes: Healthy Heart, Digestion, Eyes.



Green Promotes: Lowers Cholesterol, promote Healing and Healthy Organs.

Blue: Memory, Bones, Circulation

Resources

- **ReAbleU Therapy**

 954-242-2397

- **211 Palm Beach**

 Dial 211 or text 89821

- **South PBC Mobile Crisis**

 561-637-2102

- **National Youth Crisis Hotline**

 1800-422-HOPE (4673)

