

# **Black Youth minds matter**

**highlighting the importance of  
black youth mental health**

**february 1-28**

## **Table of Contents**

<b>Black Youth Minds Matter Overview</b>	<b>2</b>
<b>Campaign Goals</b>	<b>3</b>
<b>Get Involved</b>	<b>4</b>
<b>BYMM Activities</b>	<b>5</b>
<b>Additional Resources</b>	<b>8</b>

# **Black Youth Minds Matter Overview**

February 2022

In celebration of Black History Month, Our Minds Matter is bringing awareness to Black youth mental health. In this campaign, we seek to amplify organizations that work to support Black mental health. Our goal is to increase awareness of mental health resources and reduce stigma around mental health for Black youth.

## **Key data surrounding Black youth mental health:**

- With only 4% of psychologists being Black/African American ([APA](#)), Black youth have limited representation from mental health professionals that of their cultural background.
- The rate of suicide of Black youth aged 5 to 11 years old has increased substantially over the past few decades to now double the rate of white youth suicide of the same age group. ([SAMHSA](#))
- Given that many Black youth struggle with complex racial trauma, youth are in need of providers trained with cultural competence so that they do not perpetuate stereotypes or increase barriers to care. ([NIH](#))
- Forty-seven states do not have the minimum number of counselors required to meet the Department of Education's recommended ratio of student-to-counselor. ([Salud America!](#))

## **Campaign Goals**

- ❖ Promote wellness, healing, and self-care for Black youth
- ❖ Promote equity, awareness, and education about the importance of Black youth mental health
- ❖ Acknowledge structural and cultural barriers to accessing mental health resources
- ❖ Increase awareness of accessible and culturally-relevant mental health resources for Black youth
- ❖ Amplify Black organizations that support Black youth mental health
- ❖ Reduce the stigma around Black youth mental health



## Get Involved

### Ideas for your club

#### 1. Lead an OMM activity related to personal wellness or creating inclusive spaces

Read on to see activity suggestions!

#### 2. Follow along with us on [Instagram](#) and re-share our posts

Check out the [Black Youth Minds Matter Social Media Toolkit](#) for additional graphics to download and post. See additional resources at the end of this guide for other organizations you can follow.

#### 3. Join us virtually for our Black Youth Minds Matter Speaker Series:

##### **Black Jeopardy! - February 9 at 7:00 p.m. ET**

To kick off the series, students will engage in a virtual Black culture Jeopardy game night via Zoom, covering categories such as pop culture, history, science & innovation, mental health, and more to learn more about Black culture. All are welcome! **Sign up [here](#).** Share this short link with your clubs: [bit.ly/ommblackjeopardy](https://bit.ly/ommblackjeopardy).

##### **Black Youth & Mental Health - February 16 at 7:00p.m. ET**

This opportunity is for Black youth to meet with mental health experts via Zoom to learn more about culturally-relevant resources that they can access. Additionally, students will learn tips on how-to take care of their mental health, manage stress, and more! There will also be an opportunity to ask questions. Please note that this particular event is for Black youth to share space together. **Sign up [here](#).** Share this short link with your clubs: [bit.ly/blackyouthmh](https://bit.ly/blackyouthmh).

##### **Careers in Mental Health - February 23 on Instagram!**

OMM will be hosting an Instagram Live segment with a Black mental health professional to discuss their career field and the purpose behind their work. Students interested in a future mental health career will have the opportunity to learn more about the field and actions to pursue their ideal career. All are welcome!

# BYMM Activities

OMM activities that can support the personal wellbeing of Black young people & help cultivate inclusive club spaces for all



## Music and Writing

Within the Black community, music is commonly used as a form of personal expression and a cultural cornerstone. Music genres such as Hip-Hop, the Blues, and R&B were all birthed within the Black community and have shaped music. In the Music & Writing activity, students can learn coping skills using music and the impact different genres have on mental health.

## Making Self-Care Actionable

Many Black youth face social inequalities and traumas that can impact their mental health. Now more than ever, youth need radical self-care to recover from the pressures of society! The Making Self-Care Actionable activity helps students with creating a schedule that prioritizes self-care in their daily routines.



## Beautiful



The Black is Beautiful is a cultural movement that was created in the 1960s as a response to Black people resisting their skin color. It was a movement that encouraged Black people to embrace their African-identified traits as beautiful. The Beautiful activity encourages students to recognize the beauty within themselves, and the importance of acknowledging other people's beauty.

## Vision Boarding

On August 28, 1963, Dr. Martin Luther King Jr. delivered his famous “I Have a Dream” speech, where he called for an end to racism and a demand for civil rights. To help other future leaders with planning their vision of hope, we are highlighting our Vision Boarding activity. This activity helps students to plan and manifest their dreams for their future.



## Connection Through COVID



Many communities have been impacted by the COVID-19 pandemic, but not equally. Black communities have a disproportionately higher chance of exposure to COVID-19, due to social economic disadvantages ([TCF](#)). The Connection Through COVID activity encourages students to stay socially connected, while remaining socially distant during these uncertain times.

## Cultural Conversations

With many students coming from diverse ethnic groups, and cultural backgrounds, it is important to have cultural conversations to reduce stereotypes. Within the Black community, there are particular foods, linguistics, and traditions that are shared amongst people. The Cultural Conversations activity encourages students to create a safe space for everyone to express vulnerability and discuss how to seek support.



## Changing Minds Panel

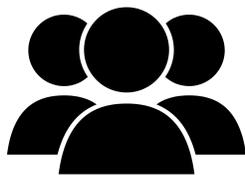
This February, Our Minds Matter will be hosting the Black Youth Relationships With Mental Health Panel. Panelists will discuss topics regarding mental health within the Black community and provide additional resources for students. The Changing Minds Panel activity encourages



students to create their own panels to discuss the stigma surrounding mental health.

## **Courageous Conversations**

Maya Angelou was known for her poetic writing style, and she used it to share personal stories of many civil rights activists, such as Tupac Shakur, Malcolm X, and James Baldwin. The Courageous Conversations activity provides prompts to help students start the discussion and to learn from different perspectives.



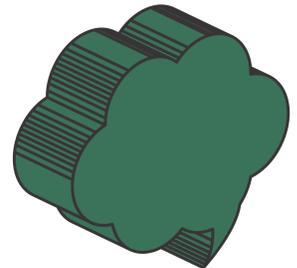
## **Active Listening & Support Network**

Ubuntu is a Swahili saying that means “I am, because we are”, and it is to acknowledge that we are one people. The Active Listening & Support Network activity shares the importance of collaboration and overcoming adversity.

## **Race & Privilege: An Overdue Conversation**

Use this digital expansion pack of the popular We’re Not Really Strangers conversational game to engage in necessary discussions about race and privilege. Please note that these conversations can be difficult and heavy, so ensure that a club sponsor is present and that everyone stays in their growth zone.

(brought to you by [We’re Not Really Strangers](#))



## Additional Resources

- **Organizations to Follow on Social**
  - [AAKOMA Project](#)
  - [National Queer and Trans Therapists of Color Network](#)
  - [Therapy for Black Girls](#)
  - [The Boris Lawrence Henson Foundation \(BLHF\)](#)
- **Therapy/Healing Circles/Direct Services**
  - [Therapy for Black Girls](#)
  - [Melanin & Mental Health](#)
  - [The Loveland Foundation](#)
  - [Therapy for Black Men](#)
  - [Black Men Heal](#)
  - [National Queer and Trans Therapists of Color Network](#)
  - [Inclusive Therapists](#)
  - [Safe Black Space](#)
  - [The Body: A Home for Love](#)
  - [Finding a Therapist of Color](#)
- **General Mental Health Resources & Advocacy Info**
  - [AAKOMA Project](#)
  - [The Boris Lawrence Henson Foundation \(BLHF\)](#)
  - [Black Emotional and Mental Health Collective](#)
  - [Black Mental Health Alliance](#)
  - [Ourselves Black](#)
  - [Liberate: Meditation App](#)
  - [Black Alliance for Just Immigration \(BAJI\)](#)
  - [Black Emotional And Mental Health \(BEAM\)](#)
  - [Therapy for Black Girls Podcast](#)
  - [Black Girl In Om](#)
- **Articles and Infographics**
  - [Black Mental Health Resources Infographic](#)
  - [What Can Be Learned From Differing Rates of Suicide Among Groups \(NYT\)](#)

- [Why Taraji P. Henson is trying to shed light on the mental health crisis among Black youth](#) (WP)
- [Black History Month](#)
- **Grants**
  - [The Steve Fund](#)