
BIPOC

MENTAL HEALTH MATTERS

BIPOC mental health awareness month

JULY 2024

KENTUCKY DEPARTMENT FOR BEHAVIORAL HEALTH,
DEVELOPMENTAL AND INTELLECTUAL DISABILITIES

DIVISION OF MENTAL HEALTH

MENTAL HEALTH PROMOTION, PREVENTION & PREPAREDNESS BRANCH



TEAM
KENTUCKY[®]

CABINET FOR HEALTH
AND FAMILY SERVICES

WHAT IS MENTAL WELLNESS?

Being mentally well is more than just the absence of a diagnosed mental health condition.

It includes our overall emotional, psychological, and social well-being.



AND WHY DOES IT MATTER?



Our level of mental wellness impacts our ability to cope with stress, engage in meaningful activities, and build positive relationships.

10 BENEFITS OF MENTAL WELLNESS

1. Reduces risk of physical health problems such as heart disease, stroke, and type 2 diabetes
2. Reduces risk of developing depression and anxiety
3. Increases positive outlook and ability to enjoy life
4. Increases ability to cope with stressful or difficult life events
5. Increases creativity and openness to new experiences
6. Improves relationships with the people in our lives
7. Increases productivity to allow us to reach our potential
8. Enables us to make meaningful contributions to our families, communities, and society
9. Increases ability to think clearly and make healthy decisions
10. Improves mood, self-esteem, and confidence

WHEN SHOULD I SEEK PROFESSIONAL HELP TO SUPPORT MY MENTAL HEALTH?

If you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

If you are in immediate distress or are thinking about hurting yourself, 988 can help



Mental Health America of Kentucky

Access screening, resources, programs, and more
<https://mhaky.org/>



SEEKING HELP FOR MENTAL HEALTH



Working with a mental health professional is deeply personal and often difficult. It is important to feel safe and comfortable in your therapy space, which includes liking and trusting your therapist.

WHERE DO I START?

Identify problems and goals.

- What do you need help with?
- Are you considering medication?
- How will you know when you have met your goals?

Assess your financial situation

- Will you be using insurance?
- Is self-pay an option?
- Some providers, including online providers, will offer assistance for those experiencing financial difficulty.
- Community Mental Health Centers (CMHCs) provide a comprehensive range of accessible, coordinated, direct or indirect mental health services

Mental Health Screening

can help you determine your needs and goals.

Access screening, resources, programs, and more
<https://mhaky.org/>

Questions to ensure your therapist is culturally competent:

- Are you familiar or willing to become familiar with my community's beliefs, values and attitudes toward mental health?
- Do you have experience treating people from my cultural background?
- Have you had cultural competence training?
- Are you or members of your staff bilingual?
- How would you include aspects of my cultural identity, such as age, faith, gender identity or sexual orientation, in my care?

To begin searching for a mental health provider, visit

<https://findhelpnow.org/ky/mentalhealth>
OR <https://www.psychologytoday.com>



WHAT IF MY PROVIDER IS NOT A GOOD FIT?

It is okay to request a new provider, even within the same practice. You do not owe anyone an explanation for your decision to change providers, including the provider themselves.

If you are in immediate distress or are thinking about hurting yourself, 988 can help



Call-Text-Chat 988

988
SUICIDE
& CRISIS
LIFELINE

RESOURCES

- <https://namica.org/blog/how-to-find-a-culturally-competent-therapist/>
- <https://www.npr.org/sections/health-shots/2023/07/02/1185661348/start-therapy-find-therapist-how-to>

CULTURALLY-BASED PRACTICES

- & - MENTAL HEALTH



Many cultures have customs, behaviors, values and beliefs that function as informal support systems.

These culturally-based practices can have a positive impact on mental wellness.

There are many different types of culturally-based practices, but here are some common examples that may help support mental wellness.

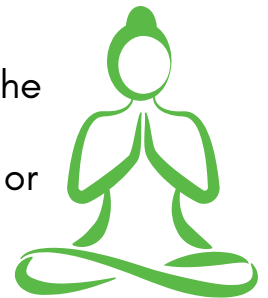
HEALING OR PRAYER CIRCLES



A practice where individuals gather together to provide support. Depending on the culture, this may include activities such as sharing experiences or wisdom, breathing exercises, chanting, and prayer.

TRADITIONAL HEALERS/PRACTITIONERS

Many cultures include medicinal practices that may fall outside of the spectrum of the Western medical model, but can be important to incorporate into an individual's plan of care or support for physical or mental health issues. Examples include medicine men/women, spiritualists, shaman, and diviners.



ENERGY HEALING/CLEARING/CLEANSING

Practices based on the belief that the connections between individuals, their environment, social networks, and energy forces can impact wellness. Examples include smudging, sweat lodge rituals, reiki, and feng shui



MULTIGENERATIONAL HOUSEHOLDS

Particularly in cultures that emphasize group unity or cohesion, family from several generations (i.e. grandparents, adult children, spouses of adult children, siblings, and offspring) may live together in a single household. This can create a sense of community within the household that can be leveraged to improve overall wellness.



KINSHIP SYSTEMS

A system of social relationships between individuals who may or may not be blood-related. These systems can serve as informal support systems for individuals.

This type of connection can help to promote overall well-being.



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