



**MENTAL  
HEALTH FOR  
BLACK YOUTH**

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**RESOURCE TOOLKIT**



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# INTRO



Black History Month is a time to celebrate, remember, reflect, and look forward. This month, we honor the rich history and invaluable contributions of the Black community in America, acknowledging the challenges and triumphs that have shaped their journey.

As we reflect on the past, we also celebrate the leadership and impact of Black individuals, especially in the field of mental health. This toolkit aims to shed light on the current state of mental health for Black youth and explore how we can collectively support their well-being.

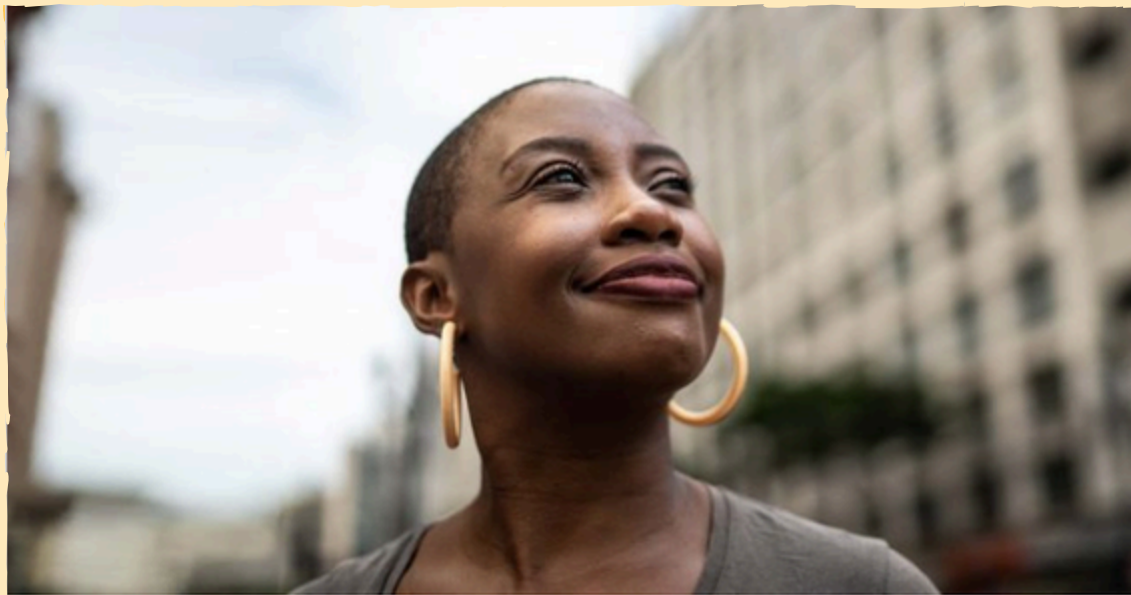
Follow us on our socials @freeyourfeelsGA for regular updates on inspiring young Black individuals throughout the month. Use this toolkit to expand your knowledge and share valuable resources!



# FOR EVERYONE



The 988 Lifeline has a dedicated webpage on Black mental health, emphasizing the importance of prioritizing mental wellness within Black communities. It provides tips and resources to support individuals and their loved ones, highlighting that mental health care is not one-size-fits-all.



## Black Mental Health

Your mental health is a priority. Wellness among Black communities is not a one-size-fits-all approach. Below, you will find tips and resources to support yourself, a loved one, and other members of...

 988 Lifeline

## ACTION

This webpage features over 10 organizations dedicated to serving the Black community, offering a diverse range of resources and support options. Dive in and explore these resources!



# FOR EVERYONE



As you explore national resources for Black mental health, don't forget to check out the organizations right here in Georgia! Several local initiatives and organizations are dedicated to supporting Black mental health. Take a look at some of them below!



**Silence  
the ~~Shame~~**



*She*   
**Soars**

**THERAPY** *for*  
**BLACK GIRLS**

**BEAM** BLACK EMOTIONAL AND  
MENTAL HEALTH COLLECTIVE

# FOR YOUTH



Did you know that in 2022, suicide was the third leading cause of death for Black or African Americans ages 10 to 24<sup>1</sup>? Additionally, in 2021, Black or African American females in grades 9–12 were 60% more likely to attempt suicide compared to their non-Hispanic White peers of the same age<sup>2</sup>. These statistics highlight the urgent need for targeted mental health support for Black youth. However, there is hope. By raising awareness, providing resources, and fostering supportive communities, we can make a significant, positive impact.

## ACTION:

The Steve Fund, a national organization dedicated to supporting the mental health and emotional well-being of young people of color, hosts the podcast 'SPEAKONIT!' featuring youth advisory board members discussing various mental health topics. Tune in to this episode on mental health advocacy to learn how young people can listen, be heard, and advocate for their own and their peers' well-being.



# FOR PARENTS & CAREGIVERS



The BEAM (Black Emotional and Mental Health Collective) Community Care Support Plan is a comprehensive tool designed to help individuals and communities support each other, particularly during times of distress. The plan includes guidelines for creating a personalized support plan that addresses needs and everyday care. Key components include:

Identifying Support Needs: Outlining specific needs and preferences for support.

Emergency Contacts: Listing trusted individuals who can be contacted in case of a crisis.

Coping Strategies: Documenting effective coping mechanisms and self-care practices.

Daily Care: Detailing routines and activities that contribute to overall well-being.

Communication Preferences: Specifying preferred methods of interaction.

## ACTION

**Develop a support plan for yourself or a loved one (in collaboration with them) today! This plan can be shared with caregivers, friends, and family to ensure coordinated and consistent support.**





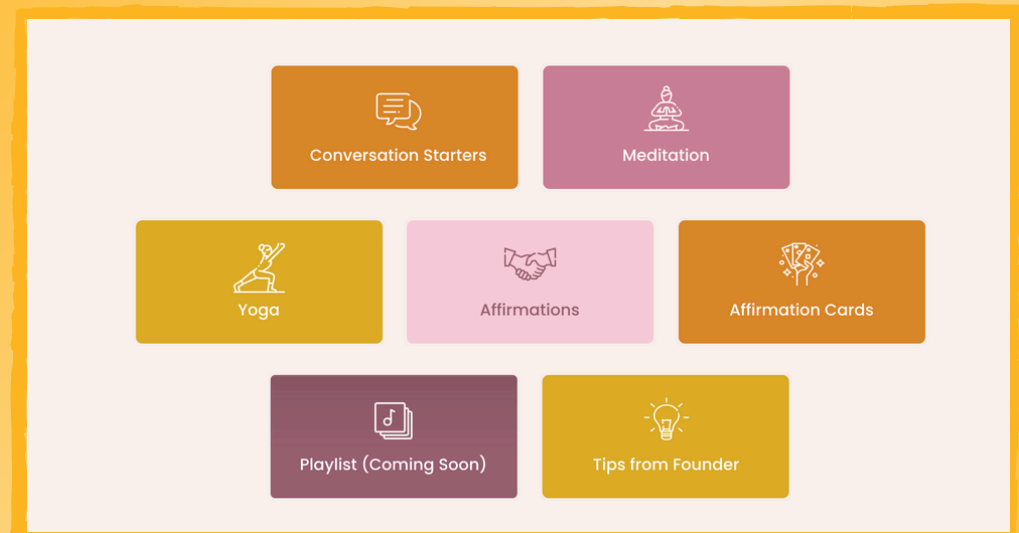
# FOR EDUCATORS & PROFESSIONALS



The Black Girls Smile Mental Wellness Toolkit provides a range of resources and activities aimed at supporting mental health and well-being. Although it is specifically designed for Black girls, it is inclusive and can benefit students of any gender. Conversation starters, meditation and yoga techniques, and affirmation cards are all effective strategies to enhance self-care, community support, and proactive mental health practices.

## ACTION

View online and/or print these resources to use with the young people you work with!





## **QUESTIONS? CONTACT**

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