

# **Black Mental Wellness for Collegiates, by Collegiates**

*#BMWxCollegiateCorner*

By: Ihunanya Muruako

*So...what is Collegiate Corner?*

We thought you'd never ask! Collegiate Corner has been a year in the making and we are so excited to be able to finally share this with you.

Collegiate Corner arose from the idea of inclusivity of all Black people in the Black Mental Wellness community. Our community is composed of Black people of all ethnicities, religious identities, sexualities, and nationalities. These identities all are important to many, including myself, but one community of people within our larger community whose experience is very unique are those who chose to pursue college education. There are still many black youth who are first generation college students, the first in their family to attend PWIs and HBCUs, and others who simply don't feel that they had the privileges growing up that could have best prepared them for the unique experience of college. As a first generation college student and the child of two Nigerian immigrants, the experiences I have had growing up have greatly shaped the way I experienced college and how I have coped with and overcome certain challenges related to my wellness.

Collegiate Corner was created with everyone in mind. As a Black woman whose identity is very dynamic, I sometimes find myself wishing that I could find more Black collegiates with whom I can connect with on issues pertaining to race, religion, gender, sexuality, and so many other topics. Because of this, I knew that Collegiate Corner was something that would be of great value to Black college students across the country. On this platform, I hope that you are able to find a story that you are able to relate with and helps you to not feel so alone. I hope you find a few resources that help further your understanding of self and help to guide you along in your wellness journey. Lastly, I hope that you are able to find a sense of community— college is a time of growth, stress, and self-discovery and having a community of like-minded individuals will help you survive whatever may come your way.

I hope that in Collegiate Corner you will be able to find a story that speaks to you and helps you get through whatever it is that you are struggling with or that it opens your eyes to something that you are completely unaware of within the Black community.

**So what can you expect from Collegiate Corner?**

We will be featuring collegiates and college graduates around the country. Collegiate Corner will be highlighting the amazing work our peers have done and continue to do to promote wellness within the Black community. You can also expect regular blog posts written by our student staff about relevant topics related to mental, physical, and spiritual wellness to help you tackle the

year! Lastly, there will be a portion of our website dedicated to other resources we feel that would be of great benefit to our Black collegiate community. We will have resources separated by topics and identity to make it easy to find what you are looking for.

We also want to hear from you! What are some things you would like to see from the Collegiate Corner platform?