

Can Mental Health Treatment Help Me?



Black Mental
Wellness

The Mecca of Black Wellness



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I haven't been feeling like myself lately. It's hard for me to stop worrying and find a way to relax. My marriage and/or relationships are just not the same. I'm having a more difficult time controlling my anger. My child's grades have suddenly declined, which is so different than usual. **Is something wrong with me? Should I see a therapist? Do I need the help of a psychiatrist?**

If you have ever gone through a difficult time in life, haven't we all, then you may have benefited from talking to a licensed mental health professional. For many Black/African Americans, the stigma (fear of being judged or perceived as crazy by others) of mental health treatment or the religious guilt (Maybe I should trust and have more faith in God) prevents the seeking of mental health related treatment. The truth is that mental health providers are licensed professionals who are trained to help people learn ways to manage and cope with many of life's stressors and mental health conditions.

Everyone can benefit from mental health treatment. Licensed mental health providers specialize in treating individuals across the life span. Here are some examples:

- **Children** (Difficulty at school, academic performance, social skills, bullying, ADHD)
- **Adolescents** (Identity formation, self-esteem, decision making)
- **Adults** (Transitioning to new life phases such as college, military, or a new career)
- **Marriage** (Pre-marital, communication, skills to strengthen the relationship)
- **Family** (Changes in family dynamics, new parenting, divorce/separation, parenting skills, blended families)

Some people may seek mental health treatment when they are experiencing intense emotions (crying, substance use, thoughts of self-harm), and others may seek mental health treatment to address everyday life stressors and transitions. Many people do not realize that mental health treatment can help to address a range of symptoms and challenges, and there are different types of therapy that may be beneficial for you, depending on what you are experiencing and your goals for treatment.

Types of Mental Health Treatment

- Medication Management
- Individual therapy/Talk therapy
- Group Therapy
- Family Therapy
- Marital and Couples Therapy
- Alternative/Complementary Treatments
- Tele-mental health (Video Therapy)
- Crisis Intervention
- Inpatient Treatment

FOR MORE INFORMATION

www.BlackMentalWellness.com



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RESOURCES DURING CRISIS OR DISTRESS

The National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Visit, <https://suicidepreventionlifeline.org/> or dial 1-888-628-9454 to speak to someone.

Psychology Today

www.PsychologyToday.com

Psychology Today's Therapy Directory lists clinical professionals, psychiatrists and treatment centers that provide mental health services in the US and internationally.

Therapy for Black Girls

www.TherapyForBlackGirls.com

Therapy for Black Girls is an online space dedicated to encouraging the mental wellness of Black women and girls.

Zoc Doc

www.ZocDoc.com

With Zocdoc, you can see doctors' open appointment times and book instantly online, make informed choices with verified reviews, and stay on top of important checkups with tailored reminders.

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