

NEWS FLUSH

#BLACKLIVESMATTER



Health Services is here to help you maintain your health!



” Diversity is being invited to the party ~ Inclusion is being asked to dance”

How to fight systemic racial inequality while supporting the black community

- ❖ Support black owned business in your city – download apps such as black wallet and EatOkra to help locate black owned establishments.
- ❖ *Pass it on.* After you have learned and educated yourself, it’s time to pass the knowledge to the people around you. Hold your friends and family accountable to make a change.
- ❖ Help register and educate individuals to vote! Voter suppression is more likely to take place amongst ethnic minorities.
- ❖ Amplify black voices through culture, literature and art. The African American Literature Book Club also known as aalbc.com is the oldest and largest popular online bookstore dedicated to Black & African American literature from around the world.

We are available for telephone consultations and video conferencing.

To make an appointment, log into your patient portal using your SCSU credentials.

Minority Mental Health Awareness Month

Lets Talk Numbers

1 in every 5 adults in the U.S. has experienced a mental health condition.

Percentage of Mental Health conditions by race:

- 16.3% Hispanic
- 18.6% Black
- 13.9% Asian
- 19.3% White
- 28.3% American Indian and Alaskan Natives.

What issues do Multicultural communities face?

- * Less access to treatment
- * Less likely to receive treatment
- * Higher levels of stigma
- * Language barriers
- * Lower rates of health insurance
- * Racism, bias, homophobia, & discrimination in health care system
- * Culturally insensitive health care system

The Start to Healing

Talk to your healthcare provider.

Request a referral for a mental health specialist.

Work together with your mental health specialist to incorporate your culture into your treatment plan.

Connect with others through support groups.

Learn more about mental health in minorities

<https://minorityhealth.hhs.gov/>

Southern Student Resources

Counseling Center
Engleman Hall (203)
392-5475

Health Services
Granoff Hall
(203) 392-6300

Wellness Center
Schwartz Hall, (203)
392-711

~ Everything that you are is enough~

