

Why is there a stigma of mental illness in the African American community?

What socioeconomic factors play a role in how African Americans treat their mental health? Can you give an example?

Why is seeking professional help viewed as “weak” to the African American community?

Why is mental health not taken more seriously in the African American community?

Is it enough for an African American to rely on just faith, spirituality and community for strength and support? Why or why not?

What are the misconceptions of mental illness?

What are the signs of someone with a mental illness? How can we help them?

How can we overcome the stigma of mental illness in the African American Community?