

MAKING IT THROUGH

Mental Wellness | Updates | Events

PTSD True or False

Which of the following statements is true?

- ✦ Everyone who experiences trauma will develop post traumatic stress disorder (PTSD)
___ True ___ False
- ✦ If you experience Trauma it will affect you for the rest of your life
___ True ___ False

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Social Media Content

Visit our social platforms to discover excerpts from episodes exploring the nature of mental health. It's crucial for us to spotlight and acknowledge these shows because representation is vital. Mental health has transitioned from a taboo topic to a national crisis. We extend heartfelt appreciation to our community leaders, mental health advocates, doctors, and creatives for producing such impactful content that resonates with audiences worldwide. The Making It Through team sincerely thanks you for your dedication to raising awareness and dismantling the stigma surrounding mental health. Explore our content; you may discover something that deeply resonates with you.

National Minority Mental Health Awareness Month: The Impact of Mental Health Taboos in Minority Communities

The month of July is recognized as National Minority Mental Health Awareness Month, a time dedicated to raising awareness about the unique challenges faced by racial and ethnic minorities in the United States when it comes to mental illness, as stated by the FDA.

I would like to pose a question to you: What stigmas or taboos have you experienced or currently associate with receiving mental health services?

Here is my response to that question: During my upbringing, I held the belief that problems and issues should be resolved within the dynamics of one's family or community. "You don't just go around airing all your dirty laundry in public." While this saying may date me, it essentially meant that private information should not be shared with others, especially those outside of your family or community. This stemmed from the idea of not bringing shame to the family/community. Although we have made progress in moving past this concept, there still exist stigmas, taboos, and socio-economic factors that hinder communities from seeking mental health services. Let's explore these issues and raise awareness along the way.

The lack of proper mental health education has been and continues to be a barrier that contributes to the stigma surrounding seeking services. In 2008, Bebe Moore, an advocate for the mental health of minorities, directed her efforts towards eliminating the stigma associated with mental health in communities of women of color. Moore observed that due to the severe lack of mental health awareness, people of color remained untreated and, even worse, unaware that they may be suffering. As a result, the statistics for various mental health issues in communities of color were alarmingly high, indicating a growing chronic problem.

In addition to mental health education and awareness, there are several other common barriers to treatment. These include prejudices about minority populations that influence how healthcare providers treat their patients, poverty, food insecurity, lack of insurance such as Medicaid or



Resources

How to Apply for Medicaid

You may apply for Medicaid in the following ways:

- Through NY State of Health: The Official Health Plan Marketplace Enrollment Assistors offer free personalized help.
- To speak with the Marketplace Customer Service Center call **(855) 355-5777** (TTY: 1-800-662-1220)
- Through a Managed Care Organization (MCO)
- Call the Medicaid Helpline **(800) 541-2831**
- Through your Local Department of Social Services Office

For more information about National Minority Health Month please visit:

hhs.gov/national-minority-health-month/

#SourceForBetterHealth #NMHM24
#MinorityHealth #SDOH
#HealthEquity

Medicare, and language barriers. Moreover, the process of finding resources can be overwhelming and time-consuming without adequate support.

Imagine struggling with your mental health and suffering in silence due to the shame of not knowing how to access resources or lacking the necessary means. Furthermore, imagine grappling with the stigma of not airing your personal struggles to others. Seeking therapy in minority communities often carries the perception of weakness. Resilience is instilled in us, but resilience without support becomes a heavy burden to bear. According to an article titled "National Minority Awareness Month," in 2020, fewer than half of African American adults received mental health care. Similarly, in 2018, Asian Americans were 60 percent less likely to receive mental health treatment compared to non-Hispanic Whites.

The truth is that many trailblazers, including Bebe Moore and others, have shed light on these barriers and stigmas. As a result, we are now more aware than ever of the importance of taking care of our mental health. It is not only essential for our personal well-being but also for our overall livelihood. How can we effectively care for others in our communities, as we are taught, if we do not first care for ourselves? It all starts with us!

In honor of National Minority Mental Health Awareness Month, let's start by changing our language.

Instead of saying...

- Mentally ill, crazy or psycho

Try saying...

- People with a mental illness
- People with a mental health disorder
- People with a behavioral health disorder

Mental Health Word Scramble

- | | | | |
|--------------------|-------|-----------------------|-------|
| 1. FLSE EMTSEE | _____ | 11. OYDB ENAGUGLA | _____ |
| 2. CPSEERT | _____ | 12. ANLETM HEHLTA | _____ |
| 3. GITITRYNE | _____ | 13. OONETM | _____ |
| 4. VEISSPA | _____ | 14. CRYHHIAR FO EDSNE | _____ |
| 5. GERAVIEGS | _____ | 15. SDEEFEN IMNCMSAEH | _____ |
| 6. RSEEVTAIS | _____ | 16. TMLLEAN DRISDOSRE | _____ |
| 7. UEMCIAOMCTN | _____ | 17. EINSSDRPEO | _____ |
| 8. TAPHYME | _____ | 18. ORPGU HYPRAET | _____ |
| 9. SGNPIKEA LSKILS | _____ | 19. OSPARYEHCYTPH | _____ |
| 10. STGELINN | _____ | | |

You can find the correct answers on next months newsletter!