

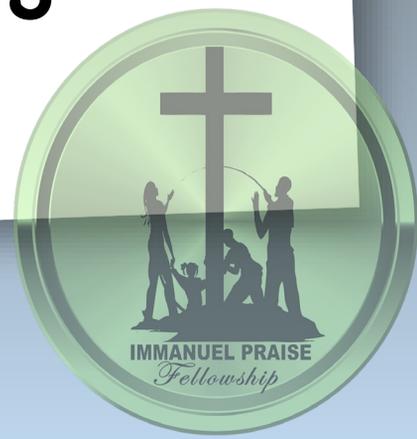


mental health
awareness month

Point of Grace

Counseling Ministry

Mental Health Resources Toolkit



A Ministry of Immanuel Praise Fellowship
Pastors Bishop Kelvin & Prophetess La Quetta Simmons



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Immanuel Praise Fellowship Point of Grace Counseling Ministry Mental Health Resources Toolkit is a curated resource taken from copyrighted Internet resources.

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Please seek advice from your healthcare provider or doctor before changing your healthcare routine or relying on this or any other online information. Please do not self-diagnose: Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. If you think you are experiencing a medical emergency, call your doctor, go to the emergency department, or call 911 immediately.



Mental Health Awareness Month Ribbon Source:

<https://twitter.com/semicolonlit/status/1123560733491585024/photo/1>



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From Trauma 2 Triumph Embracing OUR Healing

May is Mental Health Awareness Month. Point of Grace Counseling Ministry has coordinated month long programming to include Mental Health Mondays (see flyer below) designed to move every man, woman, and child in our community from pain to power and from hurt to healing. God has given us the subject of RACIAL TRAUMA as our focus this year. During the month we will provide information about racial trauma: What is it?, How does it feel? How do you identify it in your life and/or the lives of loved ones?

Focusing on what heals: The Immanuel Praise Fellowship mission is to Heal generations one family at a time. We no longer will resign ourselves to living in shame and confusion. Nor shall we hold others responsible for our healing. This month begins our intentional effort of healing generational trauma and changing our narrative henceforth and forevermore.

This mental health resource toolkit provides mental health topic one pagers and infographics as well as links to websites providing in depth information and online resources. This resource, which has six sections (Recognizing the Signs, Racial Trauma, Mindfulness Practices, Children & Youth, Black Men, and Mental Health Resources) can be read cover to cover or by using the Table of Contents links to navigate to the sections that are of interest to you. We hope this Mental Health Resource Toolkit is helpful as you embrace YOUR healing!

“For I will restore health to you and heal you of your wounds”, says the Lord.

Jer. 30:17

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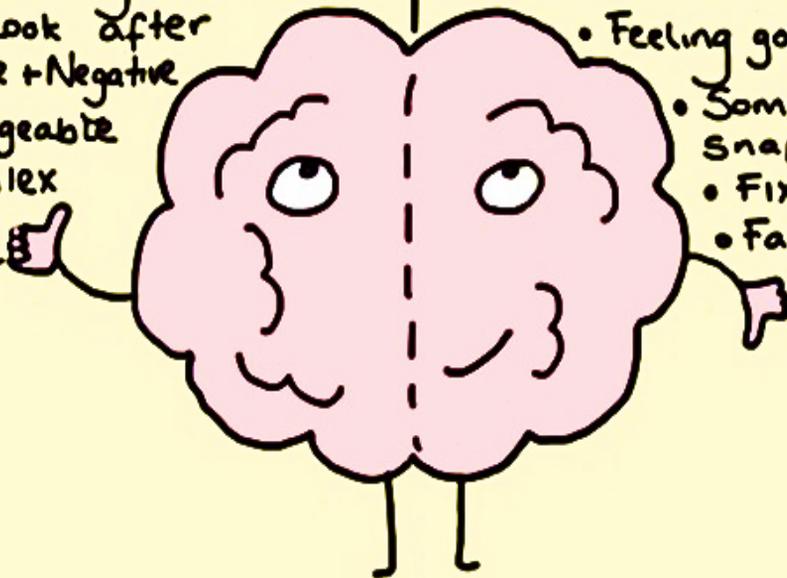
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsically linked to (± probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



Infographic Source:

<https://livingresilientlyblog.wordpress.com/2019/01/08/what-mental-health-is-and-isnt/>

Recognizing The Signs

The following are signs that your loved one may want to speak to a medical or mental health professional.

In Adults

- Confusing thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance Abuse



In Adolescents & Young Adults

- Substance Abuse
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear of weight gain
- Prolonged negative mood, often accompanied by poor appetite thoughts of death
- Frequent outbursts of anger

In Children & Pre-Adolescents &

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

If you believe your loved one is experiencing mental health issues the first step is to ask your loved one quite simply, "How can I help?"

Copyrighted Content Source: <https://www.mhanational.org/finding-help-when-get-it-and-where-go>

For more information see the also the following resources:

- Black and African American Communities and Mental Health [Link](#)
- Helping a Loved One Cope with a Mental Illness [Link](#)
- The Ripple Effect of Mental Illness Infographic [Link](#)

**IT'S OK TO TALK
ABOUT MENTAL
ILLNESS. NO ONE
SHOULD BE
EMBARRASSED
ABOUT IT.**

QUOTEHD.COM

Nioka Campbell

Destigmatizing mental Illness

- The People of Color & Mental Illness Photo Project by Dior Vargas

"This photo project stems from the lack of BIPOC (Black, Indigenous, People of Color) in the media representation of mental illness."

<https://www.diorvargas.com/work/poc-mental-illness>

- **Four Ways People of Color Can Foster Mental Health and Practice Restorative Healing:** A resource guide to help people of color destigmatize mental health issues, find culturally competent therapists, and practice self-care. [Article Link](#)

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Signs of Anxiety

The American Psychological Association (APA) defines anxiety as "an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure."



Symptoms

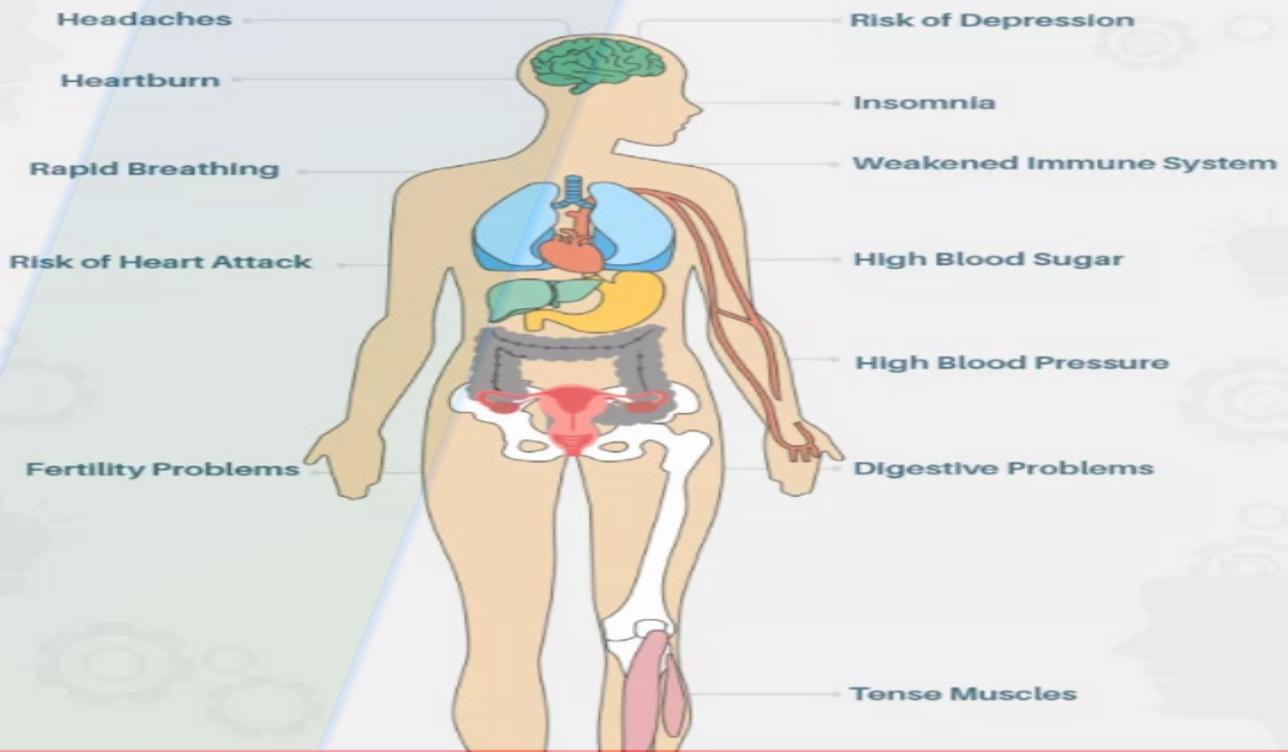
While a number of different diagnoses constitute anxiety disorders, the symptoms of generalized anxiety disorder (GAD) will often include the following:

- restlessness, and a feeling of being "on-edge"
- uncontrollable feelings of worry
- increased irritability
- concentration difficulties
- sleep difficulties, such as problems in falling or staying asleep

Copyrighted Content Sources: Healthline.com and MedicalNewsToday.com

- [11 Signs and Symptoms of Anxiety Disorders](#)
- <https://www.medicalnewstoday.com/articles/323454>

HOW STRESS AFFECTS THE BODY



The Science of Stress: What Happens in Your Brain?

The stress response begins when the **amygdala** (an area of the brain that interprets images and sounds) sends a distress signal to the **hypothalamus**.

The **hypothalamus** (the part of the brain that communicates with the rest of the body) floods the body with **adrenaline**.

This triggers a **"fight or flight"** response which produces changes in your body, including:

- Faster heart beats that push blood to the muscles, heart, and other vital organs
- Rapid breathing to take in as much oxygen as possible
- Extra oxygen is sent to the brain, increasing sensory alertness
- Blood sugar and fats flood into the bloodstream to energise all body parts

As the initial surge of stress hormones subsides, the hypothalamus activates the **HPA Axis** and this prompts the release of the stress hormone **cortisol**.

In a state of high-alertness, Cortisol can temporarily modify or shut down functions that get in the way, such as your digestive or immune systems or even your growth processes.

When the stress passes, cortisol levels fall, and the **parasympathetic nervous system** puts a stop to the stress response.

What is Stress?

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Stress is the body's physiological and cognitive response to situations perceived as threats or challenges. Over long periods of time ongoing stress

response can be toxic without mitigation.



American Heart Association.

Healthy for Good™

STOP STRESS IN ITS TRACKS



EAT SMART. MOVE MORE. BE WELL.

TRY THESE TIPS TO GET OUT OF STRESS FAST.

1. Count to 10 before you speak or react.
2. Take a few slow, deep breaths until you feel your body unclench a bit.
3. Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.
4. Try a quick meditation or prayer to get some perspective.
5. If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.
6. Walk away from the situation for a while, and handle it later once things have calmed down.
7. Break down big problems into smaller parts. Take one step at a time instead of trying to tackle everything at once.
8. Chill out with music or an inspiration podcast to help you rage less on the road.
9. Take a break to pet a dog, hug a loved one or help someone out.
10. Work out or do something active. Exercise is one of the best antidotes for stress.

GET MORE WELLNESS TIPS AT
[HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood)

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• Infographic Source: <https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/tips-to-lower-stress-infographic>

• What is Stress?: <http://www.fact.virginia.gov/wp-content/uploads/2019/05/Racial-Trauma-Issue-Brief.pdf>

What To Know About Depression In Black Communities

Depression is a complex illness that can affect someone's relationships, mental wellbeing, and physical health. [DEPRESSION CAN AFFECT ANYONE](#)

What Causes Clinical Depression

- Many factors can contribute to clinical depression, including cognitive issues (e.g., negative thinking patterns); biological and genetic factors; gender (it affects more women than men); other medications; other illnesses; and situational factors.
- Often, people become depressed for no apparent reason.
- In an effort to cope with the emotional pain caused by depression, some people try to “self-medicate” through the abuse of alcohol or illegal drugs, which only leads to more problems.
- Some Black people may face unique risk factors for depression, including:
 - exposure to racial trauma or difficult life circumstances due to racism (see [Triggers](#))
 - racial barriers to access care, including racism from care providers and mental health stigma

Depression is NOT:

- **“Just The Blues” or “Just life’s “Ups” And “Downs”** – If your “blues” last more than a few weeks or cause you to struggle with daily life, you may be suffering from depression.
- **A Personal Weakness** – People with depression can’t just “snap out of it.” Also, spiritual support can be an important part of healing, but the care of a qualified mental health professional is essential.

Symptoms of Clinical Depression

Due to cultural backgrounds, depression may be exhibited differently among Black Americans. To help decide if you—or someone you care about—needs an evaluation for clinical depression, review the [list of symptoms here](#). If you experience five or more for longer than two weeks, if you feel suicidal, or if the symptoms interfere with your daily routine, see your doctor, and bring this sheet with you.

- Please also take advantage of online Mental Health Screening Tools. [Link](#)

Excerpted Copyrighted Content Sources: Please click links below to read full articles.

- <https://www.mhanational.org/depression-black-americans>
- <https://www.medicalnewstoday.com/articles/black-depression#causes>

Artwork Source: <https://steemit.com/wafrica/@elsieguy/breaking-free-from-depression>

What is Trauma???

• Quick and Dirty Definition: A Deep Emotional Wound.

Brandon Jones M.A.



The definition of trauma is broad because trauma is defined by a person's subjective experience of it rather than the trauma itself.

Trauma is any type of distressing event or experience that can have an impact on a person's ability to cope and function. Trauma can result in emotional, physical, and psychological harm. Many people will experience some kind of traumatic event—from the unexpected death of a loved one to a motor vehicle accident—at some point in their lifetime. [verywellmind](#)

People describe trauma states in a variety of ways: going “down the rabbit hole,” falling into a “bottomless pit,” feeling “crazy,” or simply “losing it” There is an overarching theme to all of these descriptions: it is a state of disorientation, powerlessness, and becoming undone.



There are several types of trauma, including:

Acute trauma: This results from a single stressful or dangerous event.

Chronic trauma: This results from repeated and prolonged exposure to highly stressful events. Examples include cases of child abuse, bullying, or domestic [or racial] violence.

Complex trauma: This results from exposure to multiple traumatic events.

Secondary or vicarious trauma, is a form of trauma that a person develops trauma symptoms from close contact with someone who has experienced a traumatic event. Family members, mental health professionals, and others who care for those who have experienced a traumatic event are at risk of vicarious trauma. The symptoms often mirror those of PTSD. Traumatic events can be isolated or repeated, ongoing events. A person can also experience trauma after witnessing something traumatic happening to someone else [for example videos of police killings of unarmed black men and women].

Childhood trauma

Research indicates that children are especially vulnerable to trauma because their brains are still developing. Children experience a heightened state of stress during terrible events, and their bodies release hormones related to stress and fear. As a result, trauma, especially ongoing trauma, can significantly affect a child's long-term emotional development, mental health, physical health, and behavior.

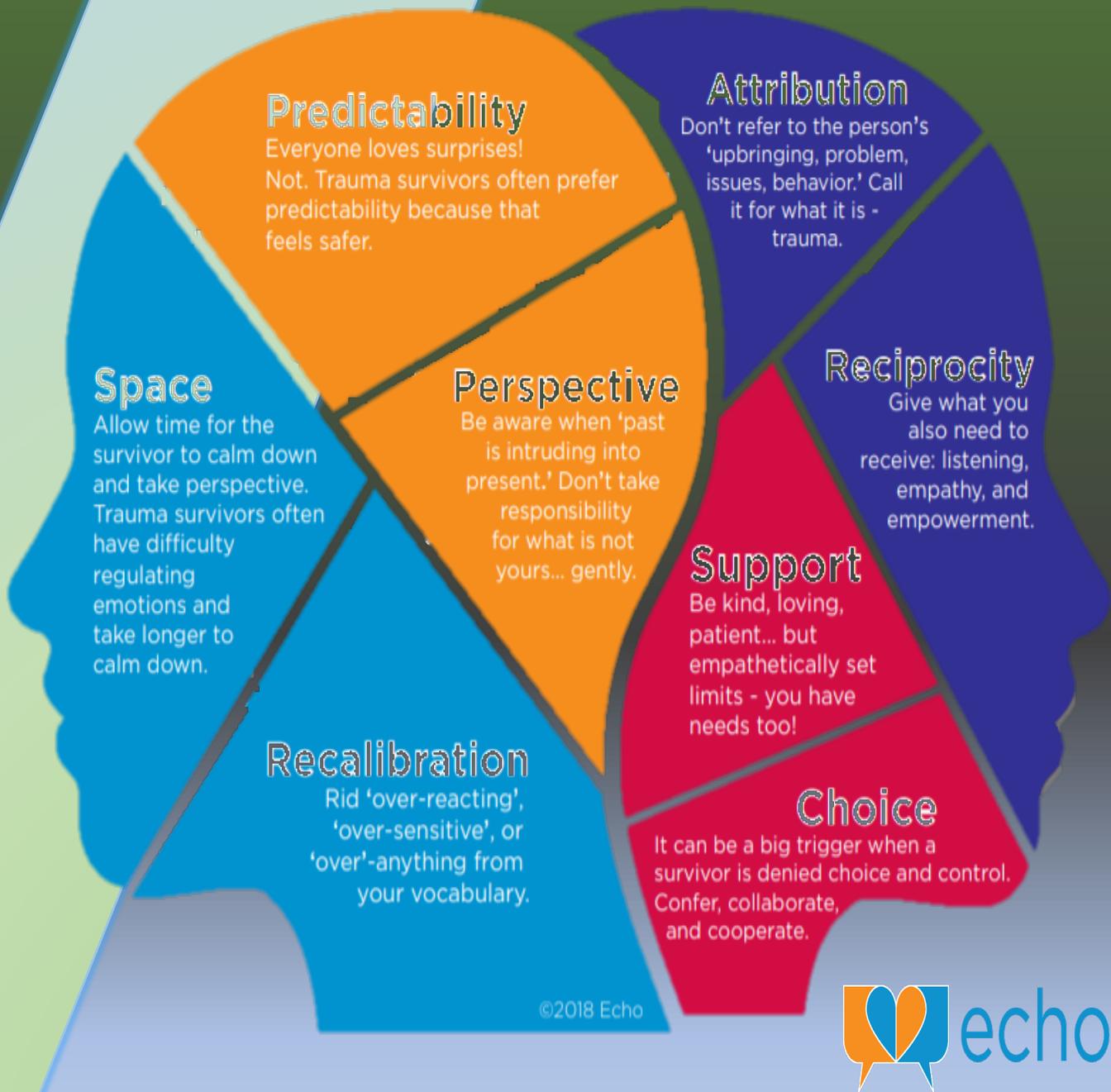
See also for more info: [MEDICALNEWS TODAY](#)



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- [Legacy of Trauma: Context of the African American by Brandon Jones M.A.](#)
- [Existencehttps://mytherapynyc.com/webinars/understanding-healing-trauma/](https://mytherapynyc.com/webinars/understanding-healing-trauma/)
- <https://www.verywellmind.com/common-symptoms-after-a-traumatic-event-2797496>
- <https://www.medicalnewstoday.com/articles/trauma>
- <http://cctasi.northwestern.edu/child-trauma/> | <https://traumapractice.co.uk/definition-of-trauma/>

How to Support Someone Who Has Experienced Trauma



Please visit content provider Website to read full article [here](#) and additional infographic [here](#).



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Identifying Racial Trauma



Racial trauma, or race-based traumatic stress (RBTS), refers to the mental and emotional injury caused by encounters with racial bias and ethnic discrimination, racism, and hate crimes . Any individual that has experienced an emotionally painful, sudden, and uncontrollable racist encounter is at risk of suffering from a race-based traumatic stress injury. In the U.S., Black, Indigenous People of Color (BIPOC) are most vulnerable due to living under a system of white supremacy.

Experiences of race-based discrimination can have detrimental psychological impacts on individuals and their wider communities. In some individuals, prolonged incidents of racism can lead to symptoms like those experienced with post-traumatic stress disorder (PTSD)

Racialized trauma can come directly from other people or can be experienced within a wider system. It can come as the result of a direct experience where racism is enacted on you, vicariously - such as where you see videos of other people facing racism - and/or transmitted intergenerationally.

Racial Microaggressions are the everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership.

- [See 13 Microaggressions Black People Deal With All The Time](#)

Implicit Bias: exists when people unconsciously hold attitudes toward others or associate stereotypes with them. Watch Implicit Bias | Concepts Unwrapped [YouTube Link](#)

Copyrighted Content Sources: All content is the copyright of the below organizations:

- <https://www.mhanational.org/racial-trauma>
- <https://centerforhealthjournalism.org/2017/11/08/how-racism-and-microaggressions-lead-worse-health>
- <https://www.psychologytoday.com/us/blog/microaggressions-in-everyday-life/201011/microaggressions-more-just-race>
- Photo: <https://themomandcaregiver.com/lets-be-honest-what-is-trauma/>



According to the CDC Racism is a Serious Threat to the Public's Health

Racism is a systemexternal icon—consisting of structures, policies, practices, and norms—that assigns value and determines opportunity based on the way people look or the color of their skin. This results in conditions that unfairly advantage some and disadvantage others throughout society.

Racism—both interpersonal and structuralexternal icon—negatively affects the mental and physical health of millions of people, preventing them from attaining their highest level of health, and consequently, affecting the health of our nation.

A growing body of research shows that centuries of racism in this country has had a profound and negative impact on communities of color. The impact is pervasive and deeply embedded in our society—affecting where one lives, learns, works, worships and plays and creating inequities in access to a range of social and economic benefits—such as housing, education, wealth, and employment. These conditions—often referred to as social determinants of health—are key drivers of health inequities within communities of color, placing those within these populations at greater risk for poor health outcomes.



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

The Impact Of Racism On Mental Health:

Feeling disconnected / lonely

Second-guessing things

Decreased hope
(in the future, justice,
the government etc.)

Increased
"Survival Mode"

Decreased trust

Worry

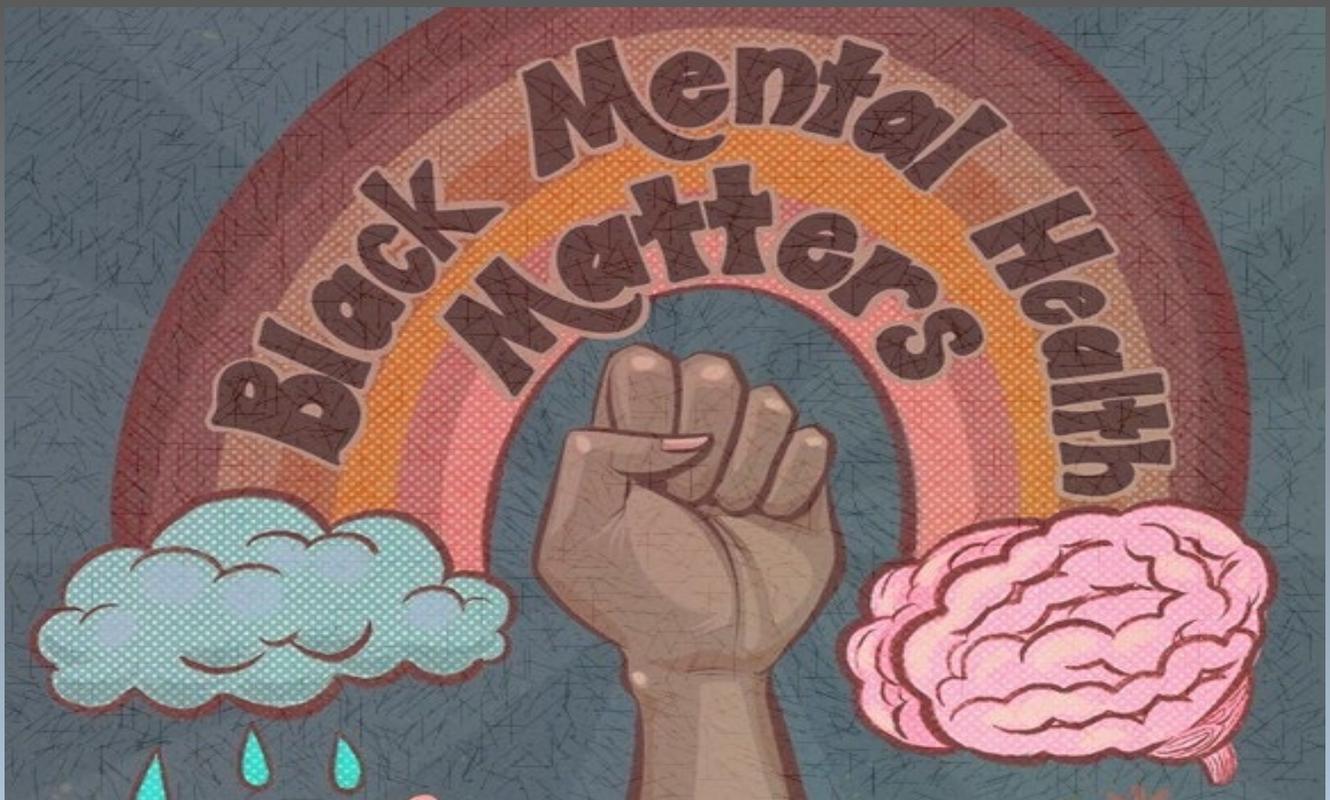
Feelings of powerlessness
(You can do the right thing and still
end up with a horrific outcome)

Increase risk of
depression and anxiety

Trauma
(both from the present and
triggering past instances /
generational trauma)

Existential
questioning
"How can the world
be so cruel?"

Panic



Infographic Source: <https://cmha-yr.on.ca/understanding-mental-health/blog/>

Bottom Photo Source: <https://www.orlandoweekly.com/Blogs/archives/2020/06/30/local-mental-health-advocates-to-put-on-black-mental-health-matters-online-event-this-wednesday>



MENTAL HEALTH DISPARITIES FACTORS

Members of ethnic and racial minority groups in the U.S. "face a social and economic environment of inequality that includes greater exposure to racism, discrimination, violence, and poverty, all of which take a toll on mental health."

– U.S. SURGEON GENERAL

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Identifying Racial Trauma Sources

Negative & stereotypical media
images of African peoples

Microaggressions

The disproportionate impact Covid-19 had on
communities of color resulting from system racism
and deep-seated inequities

Desensitization
of Black pain

undermined or ignored in the workplace

racial gaslighting

ongoing hate crimes against
Black people in this country

Black Lives
DO Matter

Pain and suffering ignored by healthcare
professionals

being followed while in stores

Driving while black

Ongoing police violence and harassment



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Identifying Racial Trauma: Trauma Triggers

How to Cope with Triggers



Practice relaxation techniques



Become aware of your triggers

#1: *deep breaths*
#2: *counting*
#3: *visualization*

Anticipate and plan a coping strategy for triggers



Call someone if you're feeling triggered



Keep a journal



Exercise regularly



verywell

A **trauma trigger** is a **psychological stimulus** that prompts recall of a previous **traumatic experience**. The stimulus itself need not be frightening or traumatic and may be only indirectly or superficially reminiscent of an earlier traumatic incident, such as a scent or a piece of clothing. Triggers can be subtle and difficult to anticipate. A trauma trigger may also be called a **trauma stimulus**, a **trauma stressor** or a **trauma reminder**. The process of connecting a traumatic experience to a trauma trigger is called **traumatic coupling**. | https://en.wikipedia.org/wiki/Trauma_trigger

- See also What Does It Mean to Be 'Triggered' [Link](#)



Racial Trauma Educational Resources: Additional Reading

There are many articles about/and Websites dedicated to the subject of racial trauma. Below are a few readings to kickstart (or continue) your education about racial trauma.

- AN HISTORICAL VIEW: Discussion of the origin of “Immunity Theory” propagating that black folks are immune to mental illness and the impact that this erroneous medical theory has had black mental health | [Article Link](#)
- Racial bias in pain assessment and treatment recommendations, and false beliefs about biological differences between blacks and whites | [Article Link](#)
- Emotional toll of racism on black students | [Article Link](#)
- SYSTEMS OF TRAUMA: article discusses the intersections of various systems of trauma operating in a society plagued with racism such as the U.S. | [Article Link](#)
- Legacy of Trauma: Context of the African American Existence | [Article Link](#)
- How to Protect the Mental Health of African American Men in Times of Injustice | [Article Link](#)
- Understanding Post Traumatic Slave Syndrome by Dr. Monica Hinton, PhD | [Article Link](#)
- Black Males, Trauma, and Mental Health Service Use: A Systematic Review | [Article Link](#)
- The Impact of Racial Trauma on African Americans | [Article Link](#)
- EXPERIENCING TRAUMA SECOND HAND
 - 'You Don't Have to Know Somebody to Grieve Them': How Black People Can Process Collective Trauma and Grief [Article Link](#)
 - When black death goes viral, it can trigger PTSD-like trauma | [Article Link](#)
- The Link Between Racism and PTSD: A psychologist explains race-based stress and trauma in Black Americans. [Article Link](#)
- This Woman's Post About Racial Gaslighting Blew Up Online — Here's Why It's Important [Link](#)
- How to recognize if you're being racially gaslighted [Link](#)

Racial Socialization:

To Combat Racial Trauma In Children & Youth

What is it?

A tool to promote cultural pride, keep children safe, and pass on concerns about the discrimination children are bound to face in the real world. Using racial socialization can (I) help parents counteract the effects of discrimination and racism, African Americans experience, to include exposure to negative images, discourse, and stereotypes that devalue Blackness and Black identity, and (II) ensure children develop a positive racial identity.

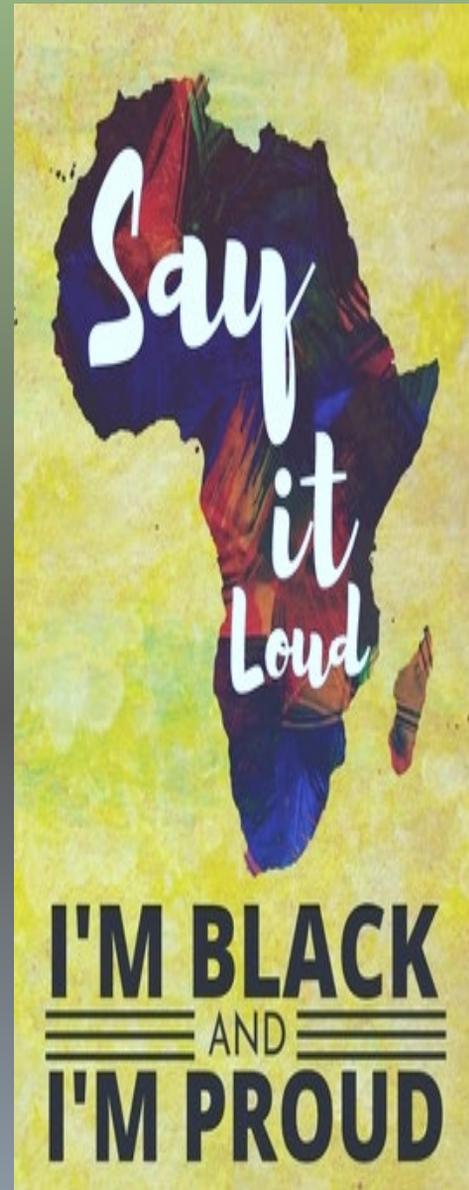
BUILDING RESILIENCE – Parents and others can help Black children and teens build self-esteem and prepare for racial discrimination by using these components of ethnic-racial socialization:

- **Cultural socialization or Pride messaging**
Promoting racial and ethnic pride by teaching about Black history and customs, Black leaders and change agents, and contributions of the African Diaspora.
- **Preparation for bias**
Building awareness about discrimination and helping children and adolescents develop coping strategies.
- **Promotion of mistrust**
Communicating the need for caution and vigilance when interacting with people from other racial or ethnic backgrounds.
- **Egalitarianism or Post-Racism**
Emphasizing equality among all racial/ethnic groups.

Watch 3-minute YouTube video: Our Mental Health Minute | Racial Socialization [Link](#)

See How Families Can Support Black Children's Racial Identity for more suggestions [Link](#)

See also In My Skin: Supporting Positive Racial Identity Development in Black Children [Link](#)



Copyrighted Content Sources:

- <https://www.apa.org/monitor/2021/01/ce-discuss-race>
- And our Children Need to Know, That's The World They Live In [Article Link](#)
- EMBRace Developing a Racial Socialization Intervention for Black Families [YouTube Link](#)
- https://en.wikipedia.org/wiki/Racial-ethnic_socialization#cite_note-5

"Black Panther" and the Importance of Racial Socialization [Link](#)

Artwork Source: Say it Loud I'm Black and I'm Proud: Black African American Pride Sketchbook

What is Self-Care?

Actions you perform to take care of your physical, emotional, and mental needs.

Types of Self-Care

1



Emotional: activities you engage in to help you connect with and work through your emotions.

2



Physical: activities you engage in for the health and well-being of your body.

3



Mental: activities you engage in for the health and well-being of your mind.

4



Social: activities you engage in to nurture your relationships with others.

5



Spiritual: activities you engage in to nurture your soul.

6



Practical: activities you engage in to fulfill your core needs.

7



Professional: activities you engage in to ensure your work life is balanced and you feel fulfilled in your career.

Ongoing Racial Trauma will affect your physical, psychological and social health

SELF-CARE FOR BIPOC FOLK

Take time for yourself, away from the news.

Limit your exposure to traumatic images and videos.



Do what heals- sleeping, praying, meditating, exercising.

Acknowledge the pain

The anger, injustice, sadness, hurt, disappointment, despair, frustration, hopelessness.



Use your voice

Speak out, demonstrate, do something to help yourself and your community



Reach out to your community

Lean on your community of support through texts, phone calls, FaceTime, WhatsApp



Sharing our collective pain helps to remind ourselves that we're not alone in this.

The burden should not fall on the oppressed to "fix"!

We as a diverse community of people take responsibility to do our part in advocating for a just society, eradicating racism, and engaging in a nation and world characterized by love for each other



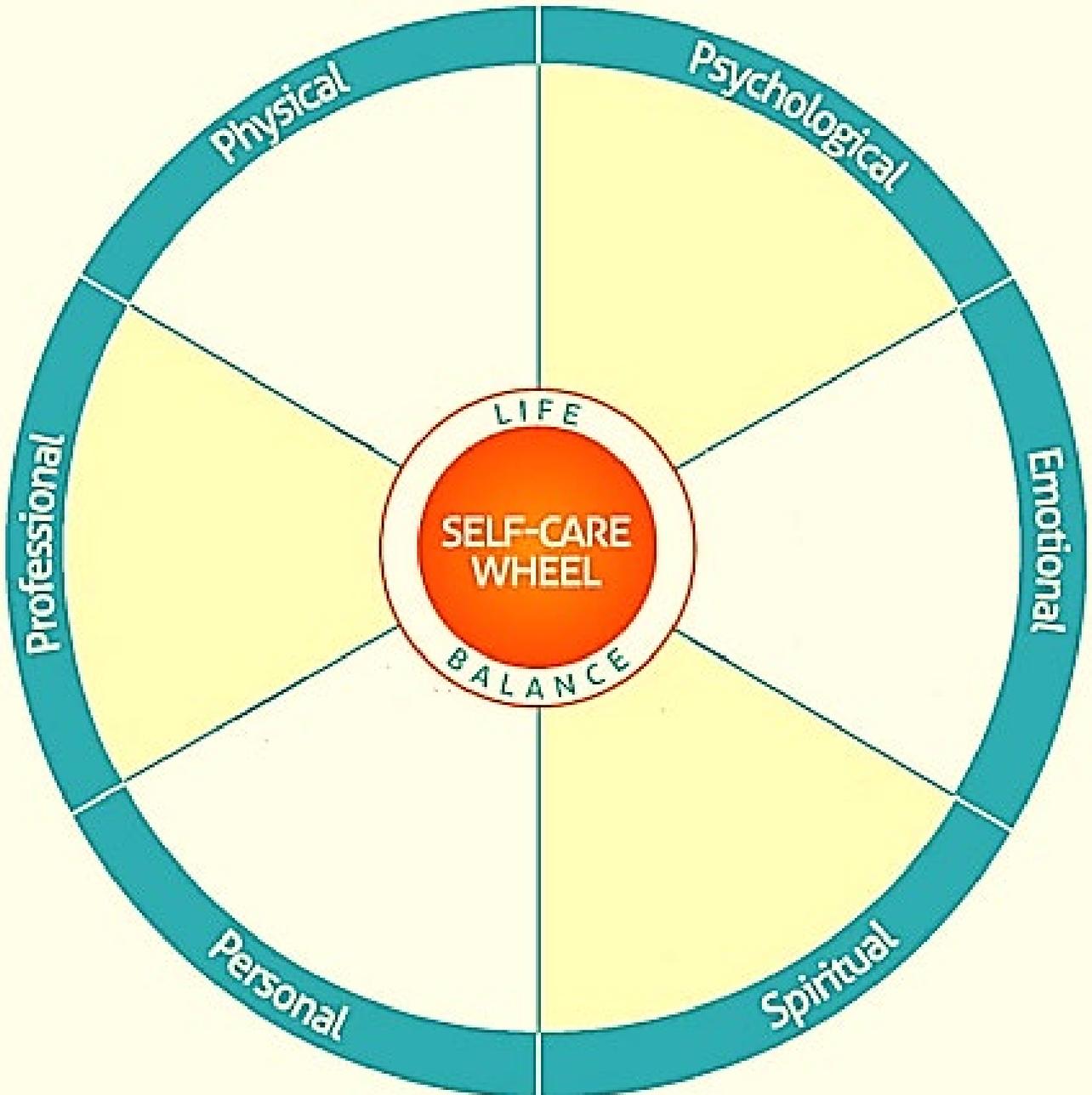
Find people to practice allyship

Who are those who look differently from you and who can speak to their communities and stand in solidarity with you? As a POC, it is not your job to educate everyone else. That's emotional labor that others can take on.



Use Self-Care for Educators [Assessment tool](#) to Assess your current Self-Care; Use the below self-Care wheel to create an individualized self-care plan

SELF-CARE WHEEL



SECTION III

A close-up photograph of a person's hand holding a black sign with white text. The sign reads "WE NEED A CHANGE". The person's face is partially visible in the background, looking directly at the camera. The background is dark, and the sign is the central focus.

WE NEED
A CHANGE



Mindfulness Practices for Stress Reduction

Find out how to do mindfulness exercises and how they might benefit you

What is mindfulness?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, **without interpretation or judgment.** Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

What are the benefits of meditation?

Meditation has been studied in many clinical trials. The overall evidence supports the effectiveness of meditation for various conditions, including:

Stress 😊 Anxiety 😊 Pain 😊 Depression 😊 Insomnia
😊 High blood pressure (hypertension)

Above excerpt from the Mayo Clinic. For full article [visit](#)



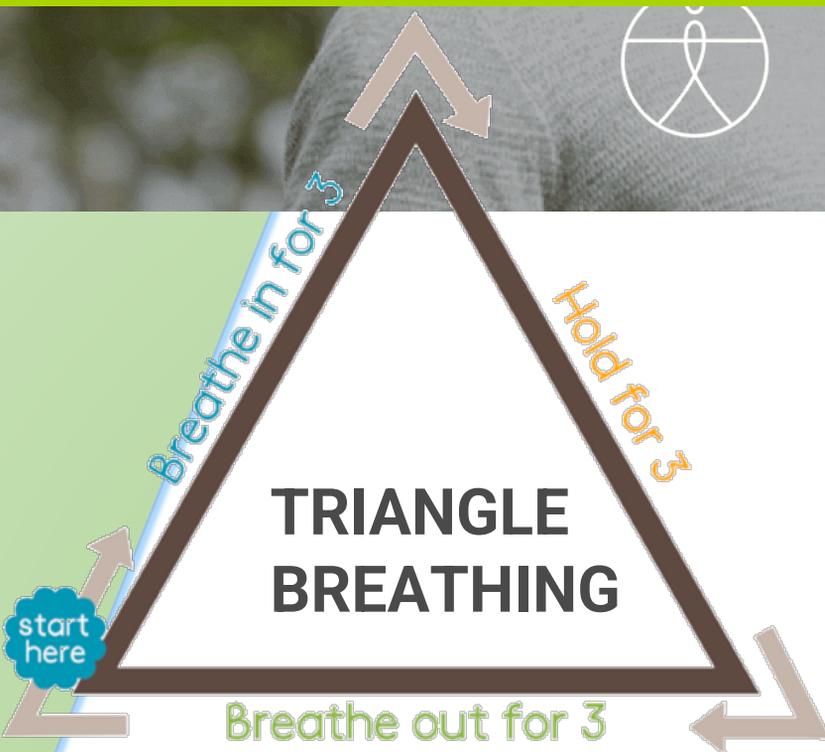
There are many Mindfulness practices and exercises. This toolkit highlights two practices: breathing exercises and dancing mindfulness:

- *Deep Breathing* helps us practice being still and letting go of thinking for a time. <https://www.mindful.org/6-reasons-why-mindfulness-begins-with-the-breath/>
- *Dancing Mindfulness* uses the art form of dance as the primary medium of discovering mindful awareness. <https://www.dancingmindfulness.com/>
- Also checkout this list of [Mindfulness Resource for People of Color](#) (created for local Detroit area but includes national resources as well)

mental health
awareness month

Point
of
Grace
Counseling Ministry

Deep Breathing Exercises for Stress



Sources: <https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

Photo Source: <https://www.counselingintegrity.com/blog/reduce-stress-and-anxiety-with-these-deep-breathing-techniques/>

HOW TO DO DEEP BREATHING - THE CORRECT WAY

- 1 Lie down on your back in a comfortable place free from any kind of distraction.
- 2 Put your hands on your abdomen (to feel your way through the exercise) & try to relax your muscles.



- 3 Inhale deeply through nose, expanding your abdomen & filling your lungs with air. Count slowly to 5 as you inhale.
- 4 Hold your breath & count to 3.



- 5 Exhale slowly through your mouth & empty your lungs completely. Again, count slowly to 5 as you exhale & try to release any tension from your muscles.
- 6 Continue to inhale & exhale deeply for 5 to 10 minutes.
- 7 Perform this exercise once in the morning & again before going to bed.

Top 10
Home Remedies

Progressive Muscle Relaxation



First, starting with your feet, tense your muscles slowly while taking a deep slow breath through your nose.



Hold both your muscles and breath for 5 secs, and then breath slowly out through your mouth while releasing the muscle tension in your feet.



Now repeat, but with a different body part working your way up to the head.



Try focusing on key spots of tension like neck, jaw and legs.

Infographic Sources:

- <http://noyze.org/2018/01/08/deep-breathing-exercises-for-stress/>
- <https://www.verywellmind.com/do-the-progressive-muscle-relaxation-exercise-2584167>
- All content on this page is copyrighted by referenced organization.

NOYZE

Breathing Techniques for kids!

- Great for teaching kids self-regulation



5 Deep Breathing Exercises that May Help Kids Get Calm

- **The Flower Breath:** Imagine smelling a flower. Breathe in through your nose, out through your mouth.
- **The Bunny Breath:** Take three quick sniffs through the nose and one long exhale through the nose.
- **The Snake Breath:** Inhale slowly through the nose and breathe out through the mouth with a long, slow hissing sound.
- **Blow Out the Candle:** Imagine a birthday candle. Take in a deep breath through the nose and then exhale through the mouth to blow out the candle.
- **Smell the Rose/Blow Out the Candle:** Combine the Flower Breath (on the inhale) with the Blow Out the Candle Breath (on the exhale), holding up your pointer finger to your nose as "you smell the rose," and drop your finger to your mouth as you "blow out the candle."

Full article: <https://www.kindercare.com/content-hub/articles/2016/october/mindful-breathing-for-kids> | See also <https://www.moshikids.com/blog/deep-breathing-exercises-for-kids/>

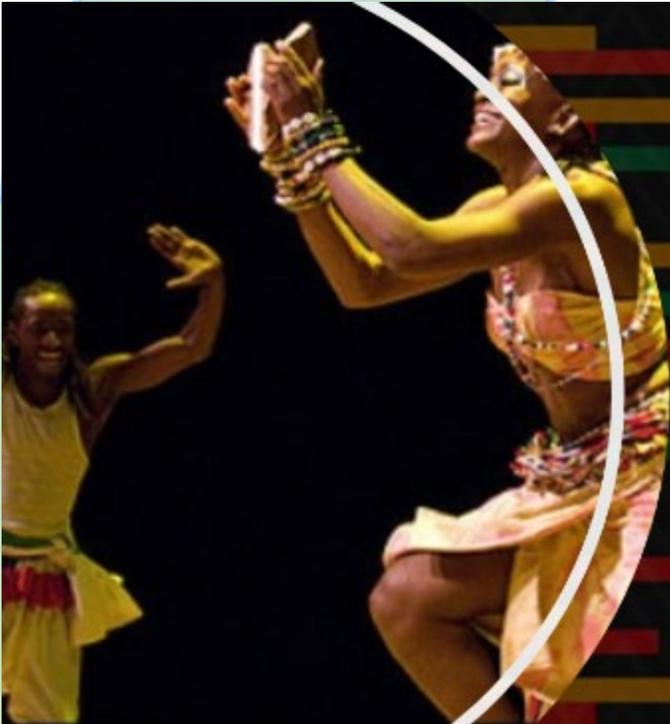
Artwork Source: <https://www.teacherspayteachers.com/Product/Breathing-Posters-4091386>

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mental health
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The Power Of Dance: Health & Healing



Expressing yourself
through movement
can help connect
the mind and body

It's a well-known fact that moving is good for the body and mind. The mental and emotional benefits of movement are plentiful.

Dance/movement therapy is based on the concept that the mind and body are interrelated and mutually influential: moving the body impacts how you feel emotionally and mentally.

[Excerpt]: Dance involves the culturally mediated body, emotion, and mind. So do illness and pain. Dance may promote wellness by strengthening the immune system through muscular action and physiological processes. Dance conditions an individual to moderate, eliminate, or avoid tension, chronic fatigue, and other disabling conditions that result from the effects of stress. Dance may help the healing process as a person gains a sense of control through (1) possession by the spiritual in dance, (2) mastery of movement, (3) escape or diversion from stress and pain through a change in emotion, states of consciousness, and/or physical capability, and (4) confronting stressors to work through ways of handling their effects.

<https://pubmed.ncbi.nlm.nih.gov/9395627/>

Copyrighted Content Sources:

- [Psychology Today](#)
- [Sheppard Pratt](#)

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The Power Of Dance: Health & Healing

Embodied resilience: Afro-Caribbean dance as an intervention for the healing of trauma in dance

Excerpt: Afro-Caribbean dance, born out of the Atlantic-Slave Trade, was a way for the enslaved of different nations and tribes to communicate with each other, to communicate in code against the slave-masters, to fight oppression, and to be in community for support and celebration. In this way, its songs, music, and dances have given voice to communities of color, acting as a unifying source of cultural pride, ancestral knowledge, and embodied resistance. Maria Rivera, dance/movement psychotherapist, (American Dance therapy Association, 2018) have identified four existing levels of empowerment found in the Afro-Caribbean movement vernacular, which can help inform DMT's clinical interventions. These are: (1) self-body power, (2) collective power, (3) sociopolitical power, and (4) spiritual power.

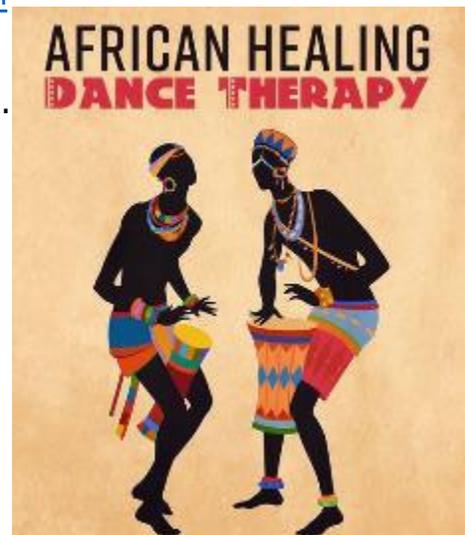
<https://www.criticalpedagogyartstherapies.com/single-post/2019/02/01/embodied-resilience-afro-caribbean-dance-as-an-intervention-for-the-healing-of-trauma-in>

Afro-Caribbean Dance Healing System: Connection. Meaning.

<https://www.youtube.com/watch?v=M8UdejfyfEE>

KUKUWA AFRICAN DANCE WORKOUT LIVE -
LET'S SHINE 15 MINS

<https://www.youtube.com/watch?v=q7ytBN8eaiM>



Artwork Source: <https://open.spotify.com/album/2BamWXDnKROZeTh0VW775W>

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The Power Of Dance: Health & Healing

5 Reasons Why Dancing is
The Best Meditation [Link](#)

What Is Dance Movement Therapy?

- <https://www.psychologytoday.com/us/blog/hope-eating-disorder-recovery/201704/what-is-dance-movement-therapy>
- <https://www.sheppardpratt.org/knowledge-center/treatment/dance-movement-therapy/>
- <https://adta.memberclicks.net/what-is-dancemovement-therapy>

8 ways dancing boosts your physical and mental health [in seniors/elders] [Link](#)

Excerpt: Dancing has wide appeal for many older adults because of their positive memories and experiences at a younger age. Dancing bolsters physical and mental health by helping to prevent falls, improve posture and flexibility, lift mood and ease anxiety.

5 Ways Dancing Is Good for Your Health

1. Minimizes Symptoms of Depression
2. Improves Strength and Balance
3. Reduces Joint Pain and Stiffness
4. Protects Your Heart
5. Defends Against Dementia

Full *Aging Care* article [here](#).



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A photograph of a woman and a young girl with curly hair playing together. They are both smiling and looking at colorful blocks they are stacking on a table. The woman is holding a blue block, and the girl is holding a red block. The background is a plain, light-colored wall.

Children & Youth Mental health building blocks



THE ULTIMATE GUIDE TO Breathing Exercises for Kids

What is Deep Breathing

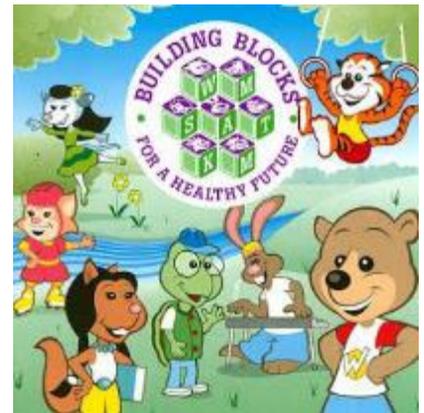
How does Deep Breathing Help Kids

How to Teach a Child Breathing Techniques

The Best Breathing Techniques for Kids

Additional Parenting Tools for Deep Breathing

<https://mybraveguide.com/2019/10/22/deep-breathing>



By teaching children to express and work through their emotions in healthy ways they develop emotional intelligence.

<https://wiaimh.org/pm-feelings-treasure-hunt>

Artwork Sources:

- <https://mybraveguide.com/2019/10/22/deep-breathing/>
- <https://wiaimh.org/pm-feelings-treasure-hunt>
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Outdoor Activities for Mindfulness

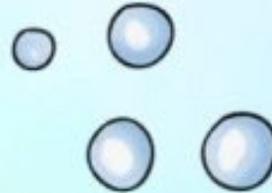
www.thepathway2success.com



Gardening



Taking a Walk



Blowing Bubbles



Watching Wildlife



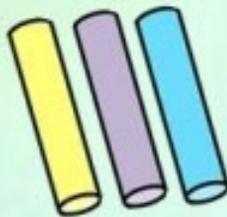
Watching Clouds



Going on a Scavenger Hunt



Mindful Breathing



Drawing with Sidewalk Chalk



Reading Under a Tree



Walking Barefoot

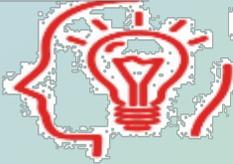
Infographic Source:

<https://www.thepathway2success.com/18-mindfulness-activities-for-outdoors/>

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BUILD YOUR CHILD'S MENTAL HEALTH



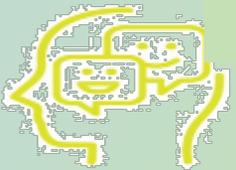
PRAISE YOUR CHILD

Practice well-rounded praises. Each child has a strength that is easy to focus on. Help your children feel appreciated and valued in all areas of their life. Remember to use praise even in failures. Failure comes from effort & provides a valuable learning experience.



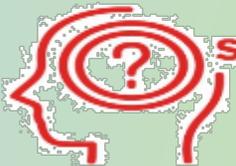
CREATE REALISTIC GOALS

Help kids break down big goals into smaller goals to make them achievable. Help children who are less goal-oriented by starting with small goals to help gain interest and value. Give big praise when goals are reached.



Honesty

Honesty builds trust and an open communicating relationship. Children should feel safe with us and comfortable talking to us. Avoid hiding failures from your children. We all make mistakes. It can be very reassuring to know that adults are not perfect.



AVOID SARCASM

Children's brains aren't able to distinguish sarcasm from truth. This could harm a relationship and the way a child feels about themselves. Children should feel unconditionally love, because this is where they find security.



BE AN EXAMPLE

Kids look to their parents as the example of how they should live. Make sure you are living what you are teaching them. If a parent models low self-esteem, children can develop the same habits. Or a parent who struggles to control his anger will generally have a child who will likely have a temper. Walk the walk.

"It is easier to build strong children than to repair broken men" *Frederick Douglass*

Infographic Source: <https://hy-veekidsfit.com/blog/mental-health-awareness-month/>
Infographic from Hy-Vee KIDSFIT (with added children of color clipart)

How to nurture a child's mental health



Infographic Source:

<https://www.valenciaagnew.com/wp-content/uploads/2020/06/Childrens-Mental-Health.png>



Mental Health Resources for Young People of Color

ONLINE COUNSELING PROGRAMS

<https://onlinecounselingprograms.com/resources/mental-health-resources-students-of-color/>

Powered by 2U, Inc.

OnlineCounselingPrograms.com assembles a variety of mental health-focused content and resources to support young people of color to include:

- [Organizations](#)
- [Therapy Directories](#)
- [Hotlines and Support Groups](#)
- [Digital Resources](#)
- [Short Films and Videos](#)
- [Apps](#)
- [Instagram Accounts](#)



NOYZE.org

- Also see Noyze.org, a hub for news, advice, knowledge and insights created for young people and by young people in Cortland County, NY. <http://noyze.org/category/healthwellness/>

Artwork Source: <https://www.whatismyhealth.com/mental-health>
All content on this page is copyrighted by referenced organization

SECTION V

mental health
awareness month

Black Men Need Therapy Too!

TRAUMA 2 TRIUMPH: YouTube videos featuring black men having real conversations about the need for black men to change perceptions about mental health and men sharing their own struggles and triumph with mental health issues.

- SPOKEN WORD: Who Gives A Black Man Permission to Feel? [An Ode to Uncle Stan] by Preston Perry for PIA 2019 [Link](#)
- Black Men and Therapy by Ezekiel and Kiyanna Azonwu [Link](#)
- Black Men & Therapy | Men's Round Table | A Black Love Series [Link](#)

- Jay Z on Therapy [Link](#)

- Depression In Black Men [Link](#)

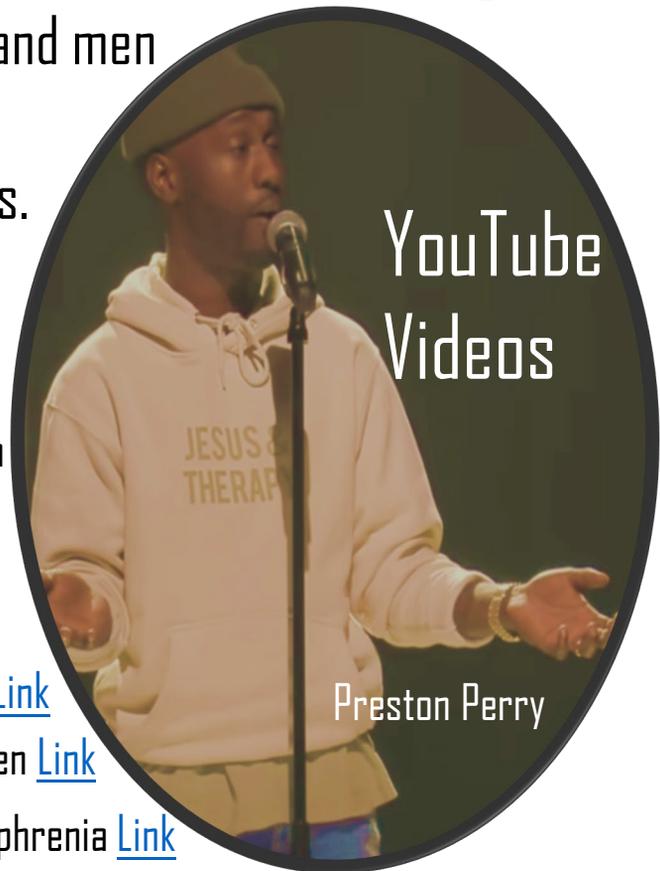
- Drew's story with schizophrenia [Link](#)

- Black Mental Health - If You Don't Know, Now You Know | The Daily Show with Trevor Noah [Link](#)

- Black Men and Therapy - The Mike & Donny Show [Link](#)

- Black Mental Health Matters | Phillip J. Roundtree | TEDxWilmington [Link](#)

Do General YouTube Search for "Black men and therapy" there are a plethora of videos.



Preston Perry

6 SIGNS OF DEPRESSION IN BLACK MEN

AT LEAST 7% OF BLACK MEN WILL EXPERIENCE DEPRESSION IN THEIR LIFETIME



African-American men who have been incarcerated experience...

16% higher severity of *discrimination*

14% higher severity of *depression*

13% higher severity of *distress*

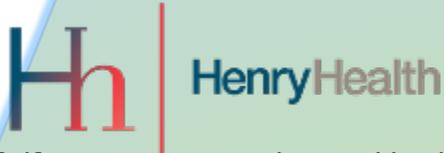
compared to other African-American men.

Infographic Source: <https://medicalxpress.com/news/2017-04-incarceration-mental-health-african-american-men.html>

mental health
awareness month



Mental Health Resources for African American Men



Self-care support and mental health services for Black men |

<https://medium.com/henry-health>



Men to Heal

<https://www.mentoheal.com/>

MEL MAGAZINE Article: ESCAPING THE STIGMA OF SEEKING MENTAL HEALTH AS A BLACK MAN

<https://melmagazine.com/en-us/story/black-men-mental-health-therapy>



BLACK MEN HEAL

provide access to mental health treatment, psycho-education, and community resources to men of color.

<https://blackmenheal.org/>

BROTHER, YOU'RE ON MY MIND
Changing the National Dialogue Regarding
Mental Health Among African American Men

https://www.nimhd.nih.gov/docs/byomm_factsheet02.pdf



<https://therapyforblackmen.org/> was born from the idea that Black men and boys face unique challenges and stigmatization, and therefore need a dedicated space for seeking and finding mental health support.

HEALTHY PEOPLE

How to Protect the Mental Health of African American Men in Times of Injustice

JUNE 4, 2018 BY NAKIZBA GILES

[Article here](#)

SECTION VI

mental health awareness month

National Mental Health Organizations



NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. <https://www.nami.org/home>

- Call the NAMI Helpline at [800-950-6264](tel:800-950-6264) M-F, 10 a.m. – 8 p.m., EST Or [in a crisis](#), text "NAMI" to 741741 for 24/7, confidential, free crisis counseling



pcori

Highlights of PCORI-Funded Minority Mental Health Projects | [Link](#)



Mental Health America (MHA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all. [Link](#)



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

- **SAMHSA's National Helpline – [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)**
- <https://www.samhsa.gov/behavioral-health-equity/black-african-american>

State of California Mental Resources



- <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>
- **24-hour Suicide Prevention Lifeline:** [800-273-8255](tel:800-273-8255) or text [838255](tel:838255)
- **24-hour Domestic Violence Hotline:** [800-799-7233](tel:800-799-7233) or click [Chat Now](#)



[California Department of Health Care Services \(DHCS\)](#)



<https://www.mentalhealthca.org/resources>

***Call 911 if you or the person you are helping is in immediate danger.**

mental health
awareness month

African American Mental Health Resources

Racial Trauma Resources and Support

- <https://www.alexandriava.gov/dchs/adultservices/default.aspx?id=116118>
- [Racial Trauma and Coping Brochure](#)
- [UNDERSTANDING AND HEALING FROM RACIAL TRAUMA](#)
- [Coping with Racial Trauma](#)
- [Racial Trauma, Resiliency and Ally Resources](#)

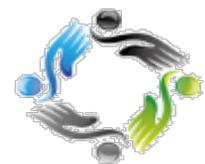
BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

<https://www.beam.community/>



GEORGETOWN 
Behavioral Health Institute
GBHI offers a plethora of [Black Mental Health Resources](#)



**Black Mental
Wellness**

<https://www.blackmentalwellness.com/>



HARVARD
Faculty of Arts and Sciences
DIVISION OF SCIENCE

Anti-Racism Resources

<https://projects.iq.harvard.edu/antiracismresources>

[Self-care](#) ♦ [Kids & Teens](#) ♦ [Reading](#)



mental health
awareness month

Finding Culturally Competent Mental Health Practitioner

Self-Help Screens & Decision Making Tools

Choosing a Provider

It is important to find a provider who demonstrates cultural competence - which describes the ability of healthcare systems to provide care to patients with diverse values, beliefs and behaviors and taking into account their social, cultural and linguistic needs.³ Unfortunately, research has shown lack of cultural competence in mental health care, which results in misdiagnosis and inadequate treatment. When meeting with your provider, ask questions to get a sense of their level of cultural sensitivity, such as whether they have treated other African Americans, received training in cultural competence, and how they plan to take your beliefs and practices into account when suggesting treatment.

Mental Health Screening Tools



A screening is a tool that has been proven by research to help identify symptoms of a mental health disorder. MHA's screening tools provide an anonymous, free and private way to learn about your mental health and if you are showing warning signs of a mental illness. To learn more visit <https://mhanational.org/self-help-tools>

Sources

- <https://adaa.org/find-help/by-demographics/black-community>
- <https://www.opm.gov/faqs/QA.aspx?fid=4313c618-a96e-4c8e-b078-1f76912a10d9&pid=2c2ble5b-6ff1-4940-b478-34039ale1174>
- <https://mhanational.org/self-help-tools>



mental health
awareness month

TALK THERAPY: Resources If You Need To Talk To Someone

What is an Employee Assistance Program (EAP)?

An Employee Assistance Program (EAP) is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems. Contact your employer's Human Resources department for info about your employer's EAP.

[The U.S. Office of Personnel Management](#)

THERAPY *for*
BLACK GIRLS
<https://therapyforblackgirls.com/>

- <https://therapyforblackmen.org/therapists/>
- <https://findblacktherapist.com/>

6 Tips for Finding a Black Therapist

<https://www.thehealthy.com/mental-health/how-to-find-black-therapist/>

How to Find a Therapist or Counselor If You Can't Leave

[Yourhttps://www.thehealthy.com/mental-health/mental-health-therapist-counselor/](https://www.thehealthy.com/mental-health/mental-health-therapist-counselor/)

How To Find A Black Therapist Virtually

<https://www.essence.com/lifestyle/health-wellness/imade-borha-how-to-find-black-therapist/>

Psychology Today

[Black and African American Therapists in California](#)

Z ZENCARE

Zencare is the simplest way to find your ideal therapist.

<https://zencare.co/identity/black/therapist/los-angeles>

**Black
Female
Therapists**

<https://www.blackfemaletherapists.com/>

mental health
awareness month

African American Mental Health Resources

Resources for emotional support and well-being:
Mental Health Apps, YouTube Videos, & Books



Liberate is a subscription-based meditation app that includes practices and talks designed for the Black community <https://liberatemeditation.com/>



Insight Timer

Free app for sleep, anxiety, and stress

<https://insighttimer.com/>

You Tube

- After Love - Mental Health - S1 E3 - The Black Love Doc After Show [Link](#)
- Taking Off the Mask of Bipolar; Remove the stigma from mental illness | Jame Geathers | TEDxAugusta [Link](#)
- Mental Health: A Guide for African Americans and Their Families [Link](#)
- How Scientific Racism Causes Misdiagnosis of Schizophrenia by Her Expressive Mind (Tyra Hughes 16 year old at time of taping) [Link](#)
- Aisha's Schizophrenia Story | UPMC Western Psychiatric Hospital [Link](#)
- What is Trauma? By National Council for Mental Wellbeing [Link](#)



- The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help you Deserve [Amazon](#)
- Black Pain: It Just Looks Like We're Not Hurting [Amazon](#)
- Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing [Amazon](#)
 - Post Traumatic Slave Syndrome: Study Guide [Amazon](#)
- Black Fatigue: How Racism Erodes the Mind, Body, and Spirit [Amazon](#)
- The Plan Workbook: A Guide for Women: Raising African American Boys from Conception to College [Amazon](#)

mental health
awareness month



[Shades of the Soul Meditation Series](#)
[\(PODCAST\) by Faith Hunter](#)

[The Homecoming Podcast with Dr. Thema](#)
[Dr. Thema](#)

Black Mental Health Influencers



Instagram

- **Dr. Anita Phillips**
[instagram.com/dranitaphillips/](https://www.instagram.com/dranitaphillips/)
- **Therapy for Black Girls**
[instagram.com/therapyforblackgirls/](https://www.instagram.com/therapyforblackgirls/)
- **Jessica**
[instagram.com/iamshespeakstruth/](https://www.instagram.com/iamshespeakstruth/)
- **Dr. Joy Harden Bradford**
[instagram.com/helloDrJoy/](https://www.instagram.com/helloDrJoy/)
- **Arron, LCSW**
[instagram.com/theblack_therapist/](https://www.instagram.com/theblack_therapist/)
- **Dr. Thema**
www.instagram.com/dr.thema/

ABOUT POINT OF GRACE COUNSELING MINISTRY: The counseling ministry of Immanuel is an expression of God's love and mercy to adults, children, teens, couples, and families who find that life, this side of heaven, is not easy. Most of us, even as Christians, must admit that even with all the biblical promises, our earthbound journey takes us through many deep valleys. It is during these tough times that we need someone to "walk along side" of us, to listen, to help us think through decisions, to help us find and understand what God would have us believe and do as we decide to take a particular course of action. Point of Grace is a peer and grace-based counseling ministry offering free, appointment-based biblical counseling, and mental health community resources to members of Immanuel and the greater community. Through the support and soul-care process, we provide a basic networking of spirit-directed counsel, discipleship, and as necessary, referrals as more intensive assistance is required

ABOUT IMMANUEL PRAISE FELLOWSHIP (IPF): IPF located at 9592 7th Avenue in the City of Rancho Cucamonga, is a ministry called by God to heal generations one family at a time through preaching and teaching the saving, delivering, and healing power of the Gospel of Jesus Christ. The IPF Wellness Principle promotes the quality or state of being healthy in physical, psychological, spiritual, environmental, and intellectual realms that results from deliberate effort. IPF integrates its ministry vision Wellness Principle in all its services and programs. For more information about IPF visit us online at www.immanuelpraisefellowship.org.



IPF.PointOfGrace@gmail.com

Please visit [Immanuel Praise Fellowship](http://www.immanuelpraisefellowship.org) online to complete a form and a lay counselor will contact you to schedule an appointment within 48 hours.

