

Race, ethnicity and mental health

A large, decorative graphic consisting of two overlapping, thick blue brushstrokes that form a shape resembling a stylized infinity symbol or a figure-eight. The strokes are textured and have a hand-drawn appearance.

 **mind** Havant and East Hants



Mind Havant and East Hants

Havant and East Hants Mind work to promote good mental health and seek to support and empower people to lead a full life as part of their local community.

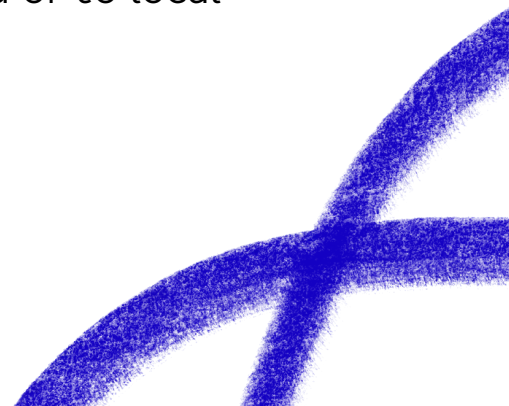
Since 1990 HEH Mind has and continues to offer a range of services and support to individuals and groups across South and East Hampshire, with some of our services, support and projects being Hampshire wide

Our services include:

- Adult wellbeing
- Children and young peoples wellbeing
- Family services
- Training and workplace wellbeing
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

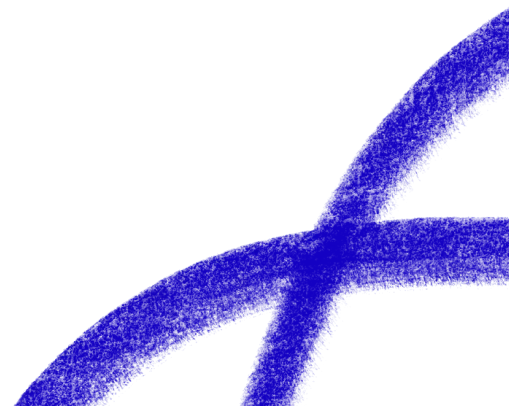
HEH Mind services and support are available across South and East Hampshire, with some projects and service available Hampshire wide.

Importantly we are a separate charity to National Mind. If you choose to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to HEH Mind or to local services.



Why we don't use 'BAME'

There is an inherent problem in a catch-all term given the complexity of how we categorise race. We recognise the ways in which people, by virtue of their race or ethnicity, are put at systemic disadvantages. We are working to support people experiencing these disadvantages and to play our part in tackling and fixing these injustices.

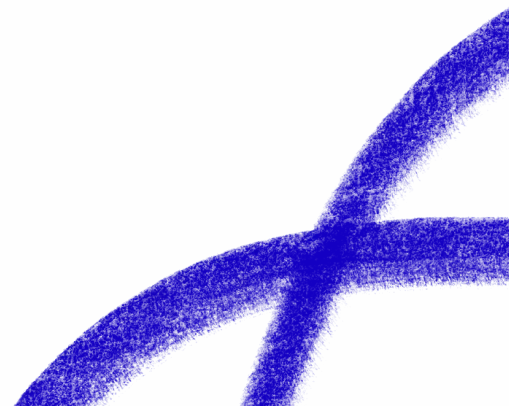


Identities and challenges

We're using 'race' and 'ethnicity' as umbrella terms, we know that people, of any one race or ethnicity, do not exist as one group. Everyone is different. Our identities are a complicated mix of factors, including:

- Age
- Religion
- Cultural background
- Socio-economic background
- Gender identity and gender expression
- Sexuality
- Physical ability
- Many other characteristics

You might face many challenges in your life that other people of the same race or ethnicity don't face, or even understand. This might include many other kinds of discrimination, social exclusion or social disadvantage. This can make you even more likely to develop problems with your mental health, and make it even harder to get help.



Differences in support

Information from Mental Health England states that:

- Black women are more likely to experience a common mental illness such as anxiety disorder or depression
- Older South Asian women are an at-risk group for suicide
- Black men are more likely to experience psychosis
- Black people are more likely to be detained under the Mental Health Act

However, more white people receive treatment for mental health issues than people from any other background.

Some of the reasons why mental health illnesses may be more present in certain races and ethnicities could be because of:

- Inequalities in wealth
- Bias, discrimination and racism
- Stigma about mental health within community groups
- Inaccessibility of services and support



Support and services

Asking your Doctor for help

Your doctor (GP) is there to help you with your mental health as well as your physical health. They could:

- Make a diagnosis
- Offer you support and treatments, such as self-help resources, talking therapies, and possibly medication

Talking to someone you trust

It might feel hard to start talking about how you are feeling. But many people find that sharing their experiences can help them feel better. It may be that just having someone listen to you and show they care can help in itself.

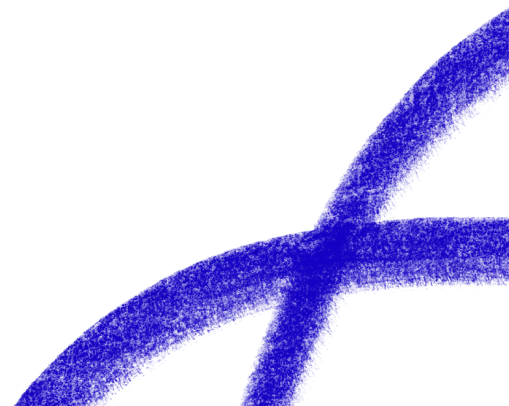
Peer support

Making connections with people who have similar or shared experiences can be really helpful. Consider searching for regional, workplace, social or faith groups in your area.

You can also try online peer support such as Side by Side www.sidebyside.mind.org.uk

Self care

Self-care means things we do for ourselves to help improve our mental and physical health. Practising self-care can help boost your self-esteem.



Other organisations

Black, African & Asian Therapy Network - baatn.org.uk

Home of the largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK Membership and Events

Black Minds Matter UK - blackmindsmatteruk.com

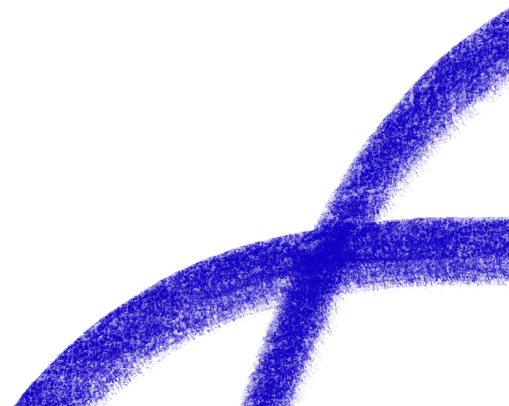
The aim of Black Minds Matter is to ensure that black people in the UK can access mental health support. The organisation does this by helping black people and families across the nation to find professional mental health services, in addition to raising money to help cover the cost of such services.

Equality Advisory & Support Service - equalityadvisoryservice.com

This organisation gives practical advice and information about the Equality Act 2010 and discrimination.

Equality & Human Rights Commission - equalityhumanrights.com

This organisation provides information about discrimination and the Equality Act



Want to know more?

Contact our Adult Wellbeing Team by calling
023 92498916

Contact our Young People's Lighthouse Team by calling
023 82350161

To find out about other services, workplace support,
fundraising and events please visit our website or social
media channels.



Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG

www.easthantsmind.org
Charity No: 116301

Scan to visit our website

