

# Young Black Mens Mental Health Project

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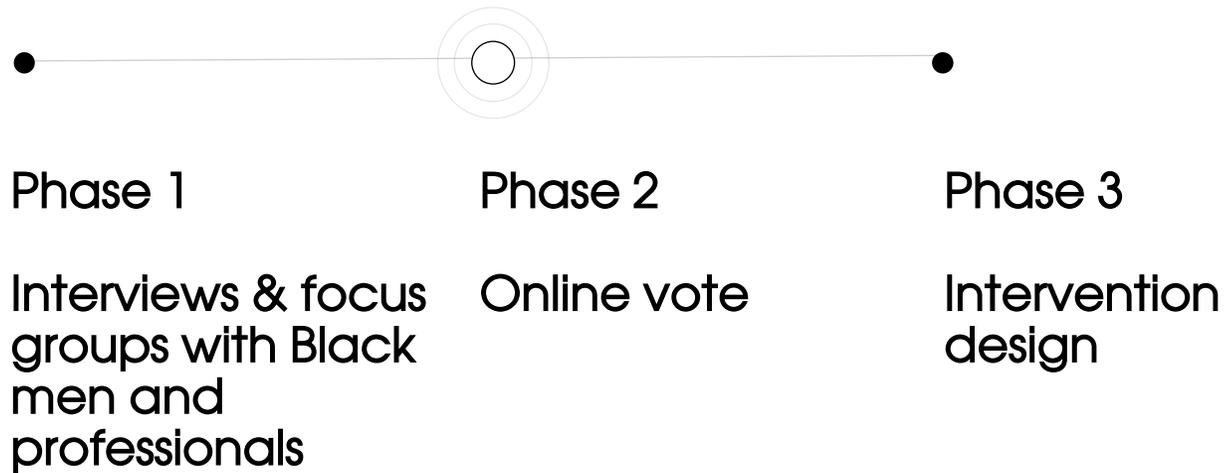
South London  
and Maudsley  
NHS Foundation Trust



## Project Aims

- How do Black men talk about themselves and how does this aid the understanding of their wellbeing?
- How do Black men and 'professionals' talk about wellbeing and mental health?
- What are the possibilities for mental health and wellbeing interventions for young Black men?

# Project breakdown





**'I want to speak to  
someone who looks like me'**

**'I don't want to have to  
have to explain or  
prove my experience of  
the world as a Black man'**

**'I want to speak to  
someone who will  
understand me'**

**'I want to speak to someone  
who I can relate to'**

**'Someone you'll be able to  
understand and they'll  
be like, "I knew this," or, "I  
know this situation," and  
just be able to actually hold a  
convo rather than you  
just telling them all your  
problems and they'll just  
say, "Yes, tell me more".**

**Safe spaces/relatability**



**'You go into the mainstream spaces and you're either hiding or compromising some part of yourself. You don't feel like you're equal in the space and able to express your sexuality or talk about these things'**

# **Authenticity**

**'Sometimes it's just easier when you know the person that you might be speaking to is gay or is Black because they're going to understand you. You don't have to go into why you feel the way you feel because they already know the struggle that comes with being black or being gay'**



"There is a history with mental health services in this country and how they treat Black men. You can't really ignore the mistrust of the mental health system. You can't ignore that because it's very real and it's not without warrant"

Lack of confidence in  
services

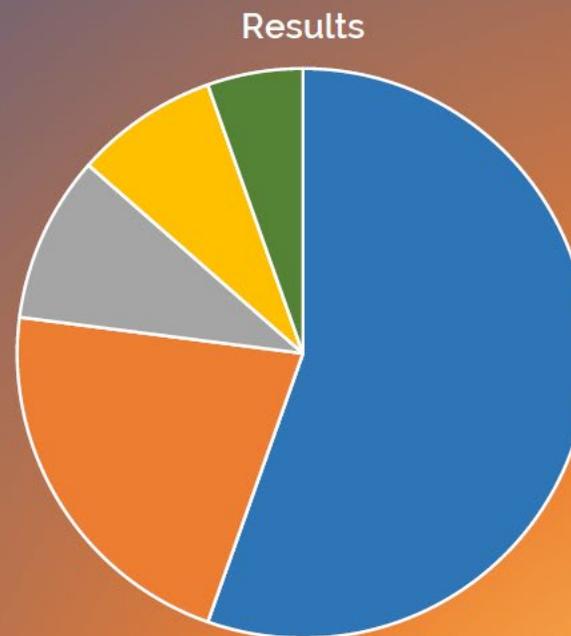
## Voting Results

54

Voters who completed the questionnaire

88

Voters accessed but did not complete



Individual therapy



A physical activity group



Other



Wellbeing retreats



A group about mental health knowledge/awareness

# Types of interventions requested



## Key learning

- Start with young Black men
- Myth busting- Black men do and want to access therapy
- Engage Black-led organisations rooted in the community
- Use of design and social media
- Recognise the impact of the privilege that comes with our social identities and how it may affect the authenticity of the insights surfaced and engagement in services

### Black GBQT: How are you doing?

South London and Maudsley NHS Foundation Trust's Mental Health Promotion Team, is working in partnership with Black Thrive to improve the wellbeing support currently on offer for Black men in Lambeth.

We would like to work with Black men aged 18 - 35, who identify as Gay, Bisexual, Transgender or Queer/Questioning in Lambeth to talk about mental health and wellbeing, and to learn what support would truly make a difference to Black men's lives.

Come join us on Tuesday 26th November 2019, 6:30pm-8:30pm at The Black Cultural Archives, Windrush Square, Brixton, SW2.

Food and a £10 Amazon voucher will be provided for your time.

If you would like to attend, please register on [EventBrite](#) or email [sadiki@blackthrive.org.uk](mailto:sadiki@blackthrive.org.uk)



\*We will split this group into two if we see large intake for this discussion.



### What's behind the Haircut?

A discussion on mental health and early intervention

South London and Maudsley NHS Foundation Trust's Mental Health Promotion Team, is working in partnership with Black Thrive in order to improve the wellbeing support that is on offer for Black men in Lambeth.

We are looking to talk to young adults aged between 18 - 24 years who can help us understand what you are faced with being young and black.

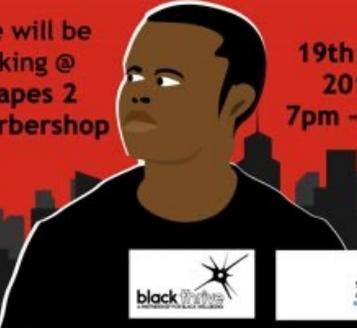
We want your ideas on what we could do to help.

All participants will receive a small token of our appreciation\*.

\*Please search for the focus group on eventbrite or scan the QR code below

We will be talking @  
Shapes 2  
Barbershop

19th Nov  
2019  
7pm - 9pm





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# Stay in touch