

Racism And Mental Health Essays

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The mental health essay is an insight into the importance of mental health in everyone's life. Every year world mental health day is observed on October 10. It was started as an annual activity by the world federation for mental health by deputy secretary-general of UNO at that time. Mental health resources differ significantly from one country to another. While the developed countries in the western world provide mental health programs for all age groups. Also, there are third world countries they struggle to find the basic needs of the families. Thus, it becomes prudent that we are asked to focus on mental health importance for one day. The mental health essay is an insight into the i

Part I includes: "Racism and Mental Health as a Field of Thought and Action," Bernard M. Kramer; and, "Historical Perspectives on Mental Health and Racism in the United States," Charles Prudhomme and David F. Musto. Part II includes: "Racism and Psychotherapy," Charles A. Pinderhughes; "Some Emotional Consequences of Racism for Whites," John A. Ordway; "Some Consequences of Racism for Children," J. Spurlock; and, "Racism and Mental Health Services," Claudewell S. Thomas and James P. Comer. These 15 essays by leading psychiatrists, sociologists, educators, demographers, and health administrators are organized into four parts: "Overview," "Clinical Context," "Social Context," and "Action Context." The history of racism and mental health is something to research to understand why dismantling racism in the mental health industry is a challenge. I suggest this article by The Washington Post: A brief history of the enduring phony science that perpetuates white supremacy to gain a better understanding of how racism has shaped the Black experience in regards to mental health. Another article to gain insight is by the National Alliance on Mental Illness (NAMI): Discrimination and Racism in the History of Mental Health Care. These articles discuss how racism has infiltrated the past mental heal... Mental Health And Prejudice. It's important to understand how white supremacy has fundamentally harmed Black people's psyche. Black people face racial prejudice no matter where in the world they are. As a Black person, hypervigilance is always on your mind – a symptom of post-traumatic stress disorder that goes largely undiagnosed in Black people due to failures in mental health services. Black people are more likely to experience severe mental health issues than any other race. As a trained Mental Health First Aider in the workplace, I recognize the impact that systemic racism can have on a person's well-being and the repercussions it can have if not addressed. Here is what white people or non-Black people of color can do to help from today: Listen