“From the back of our minds to the front of conversation”

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AIMS OF TALK

• A career in psychiatry

• Mental health in the Black and minority ethnic community

• Exploration of barriers to engagement with mental health services

• Reflection on the impact of stigma surrounding mental illness

• The Colourful-minds organisation
WHAT TO EXPECT FROM A CAREER IN PSYCHIATRY
MENTAL HEALTH & THE BLACK COMMUNITY

• More likely to be diagnosed with a severe mental illness
• More likely to have hospital admission
• More likely to experience poor outcomes
• More likely to disengage from mainstream services
• More likely to encounter mental health services via the criminal justice system
BARRIERS TO ENGAGEMENT

- Insight into mental illness
- Stigma
- Fear of mental health services
- Imbalance of power and authority
- Cultural naivety and insensitivity from service providers
- Lack of diversity at higher levels of mental health services
WHAT IS STIGMA?
A mark of disgrace associated with a particular circumstance quality or person
HOW CAN WE STOP STIGMA?
WHO ARE WE?

- We are a non-profit organisation
- Our team is made up of a mixture of ethnic minorities and professional backgrounds
- We are lead by psychiatrists and psychologists
OUR MISSION

• Engage people from a variety of ethnic minorities and religious communities
• Address rejection of mental health services.
• Bridge disconnects that can lead to missed opportunities for treatment
SOME OF OUR EVENTS TO DATE
PROJECTS & PARTNERSHIPS

Working with young men in Lambeth at risk of involvement in serious youth violence
SUMMARY

• Black & Minority Ethnic People need to be represented amongst mental health professionals
• Stigma within these communities is harmful, can make people feel isolated and prevent them accessing help
• We can fight stigma by educating ourselves, being compassionate & advocating for the needs of people who are suffering with mental health difficulties
HOW TO CONTACT US:

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