

Mental Health

Episode 02: Show Notes.

Mental health is just as important as physical health, but for various reasons, African Americans (particularly those living in lower socioeconomic communities) do not have the access to mental health services that they need. These reasons range from taboos around psychological symptoms, to a lack of financial capacity to afford the required services, to systemic racism. Even the American Psychological Association has recently come out with an assessment on the racism that has persisted within their organization, which shows just how deep the problem goes. In today's episode, we answer a few questions submitted by listeners on the topic of mental health, and in answering them we also share our personal experiences with issues of this nature, and offer some advice on steps that you can take to enhance your own mental health.

Key Points From This Episode:

- A brief description of the book, *The Accidental Suffragist*.
- Factors which have contributed to high levels of mental health issues in low socioeconomic communities since the start of the COVID-19 pandemic.
- How systems have prevented African Americans from accessing mental healthcare.
- The way Ryon and Julie's families approached mental health issues.
- What the pandemic has taught many people about mental health.
- Community and structural issues that need to be addressed in order to make mental health more accessible to black and brown people.
- A relative of Ryon's who had mental health issues from childhood and only received the help he needed in his mid-40's.
- The recent report released by the American Psychological Association.
- Step one towards improving your mental health (for most people).
- Examples of different solutions to mental health struggles.
- Negative impacts of the pandemic on children specifically.

Tweetables:

“When you can't get your basic needs met, you're really not going to be thinking about seeking treatment and support for your mental health issues.” — Julie Radlauer-Doerfler [0:03:36]

“The research shows that if you have black skin or brown skin you're less likely to receive support in school, less likely to receive mental health treatment, more likely to be arrested, more likely to be in the foster care system. That is the structural racism piece that is unacceptable.” — Julie Radlauer-Doerfler [0:08:33]

“In lower socioeconomic communities, the church plays a huge role in daily life.” — Ryon Coote
[0:10:52]

“The formal behavioral health system needs to go through an evolution.” — Julie Radlauer-Doerfler
[0:14:15]

“We have to do a better job of protecting [our kids], and it starts by us learning how to protect ourselves and learning how to have a conversation about these things.” — Ryon Coote **[0:18:53]**

Links Mentioned in Today’s Episode:

[*The Accidental Suffragist* by Galia Gichon](#)

[Crisis Text Line](#)

[Mental Health America](#)

SAMHSA National Helpline: 1-800-662-4357