UBU series on #BlackMentalHealth
Talk that Talk – Discussion Guide #4
Bre Williams

Sponsored & Supported by:

Painted Brain

Janssen Neuroscience
PHARMACEUTICAL COMPANIES OF Johnson&Johnson

Podcast: https://linktr.ee/UnapologeticallyBlackUnicorns

Website: http://www.paintedbrain.org/ubu-black-mental-health
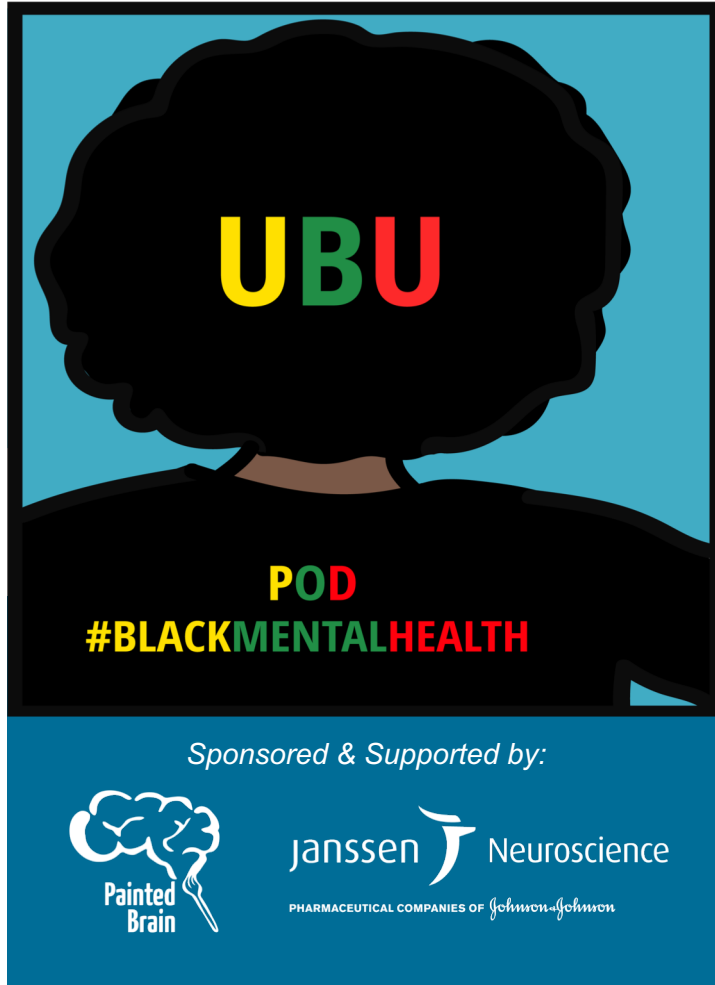
Bre Williams share about her role as Peer Senior Program Manager, Advanced Level WRAP facilitator and their own #BlackMentalHealth: from their personal and professional experiences. Based on our conversation – here are some things to think about and discuss:

1. Why is your/our black mental health important? What resonated with you from the conversation with Bre?

2. Why is peer support important in the Black community and what is it that a peer does to help with our mental health and wellbeing?

3. Bre stated that "mental health doesn't define our destiny" and that she is more than her diagnosis. What are the strengths that you have and that you want people to know about you?

4. "The Church is the safest place for us as Black people". Bre gives concrete examples of how to find churches or places within the community that can be helpful for us on our mental health and wellbeing journey -What would you include in your personal mental health and wellbeing plan to help you stay well and to help improve healing when you are not emotionally well? Where are some places that you would include in your list that you can access in the community such as churches, barbershops/hair salons, library etc. ? How would those places help you? (connect what is in your plan to the places that you would go)

5. Take a look at the Eight Dimensions of Wellness. Bre provided an affirmation "I am a person who makes wise financial decisions" stating that words have power and we can speak into the world what we want to be even if we are not there yet. Think of one or more of the eight dimensions, what affirmation would you write for yourself for that/those dimension(s)? Discuss with others and also think about how a Peer Supporter can help you on your journey towards that achieving that affirmation.