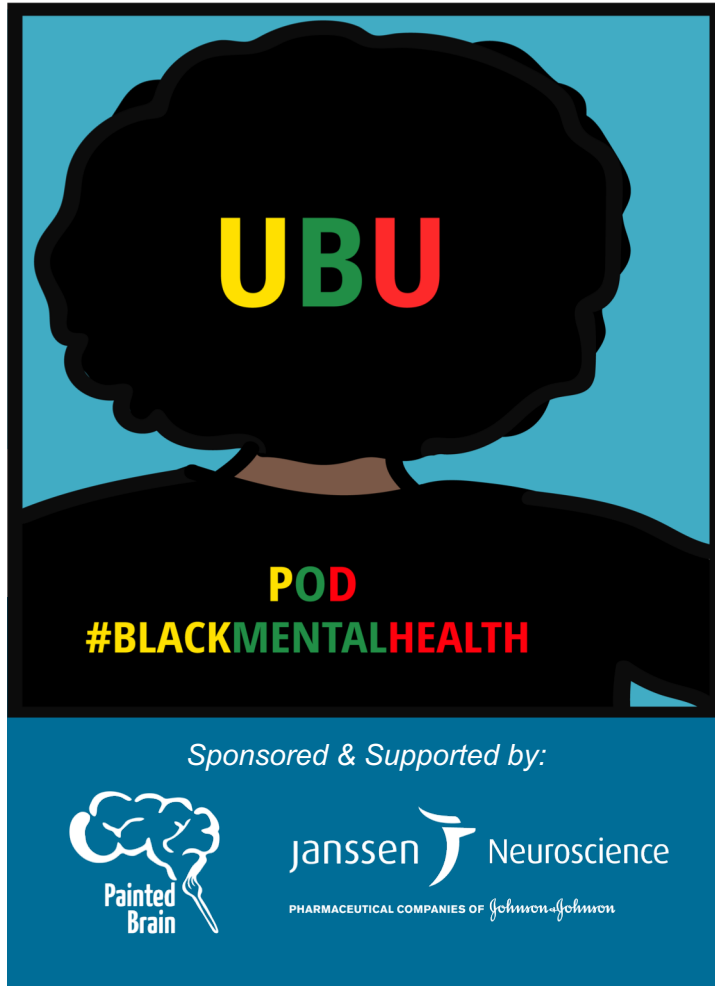


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #8

Ellis Gordon, Jr.



Ellis Gordon, Jr. shares about [#BlackMentalHealth](#) and the month of July as Bebe Moore Campbell National Minority Mental Health Awareness Month from his experience as the husband of the late Bebe Moore Campbell, family member and NAMI Urban LA board member. Based on this 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 Ellis Gordon?
2. Who is Bebe Moore Campbell and why is it important to recognize her legacy as it pertains to [#BlackMentalHealth](#) in our communities and the nation? Learn more here: <https://www.namiurbanla.org/bebe-moore-campbell>
3. Ellis shared the various ways NAMI Urban Los Angeles (NULA) helps their community – what did you find inspiring? Discuss similar things you see being done in your community as well as services and supports you would like to see/ (Ex: outreach and engagement to unhoused individuals, increasing training and access to Peer Supporters who are Black, collaborating with other marginalized/unserved communities)
4. “Being a minority is one strike, having a mental illness is another. So a lot of Black/minority families don’t discuss mental illness. Bebe’s crusade began in order to erase the stigma.” is a power-filled statement from Ellis.
 1. What can you do to help erase the stigma (what did you hear in this episode about ways to erase stigma)?
 2. How else an you/your organization partner with others to erase the stigma?
 3. What more can we do to speak up about mental health and recovery from mental illness in the Black community?

To learn more about preserving the legacy and name of Bebe Moore Campbell National Minority Mental Health Awareness Month, visit: <https://chn.g.it/47MXnhwkqh>

Podcast: <https://linktr.ee/UnapologeticallyBlackUnicorns>

Website: <http://www.paintedbrain.org/ubu-black-mental-health>