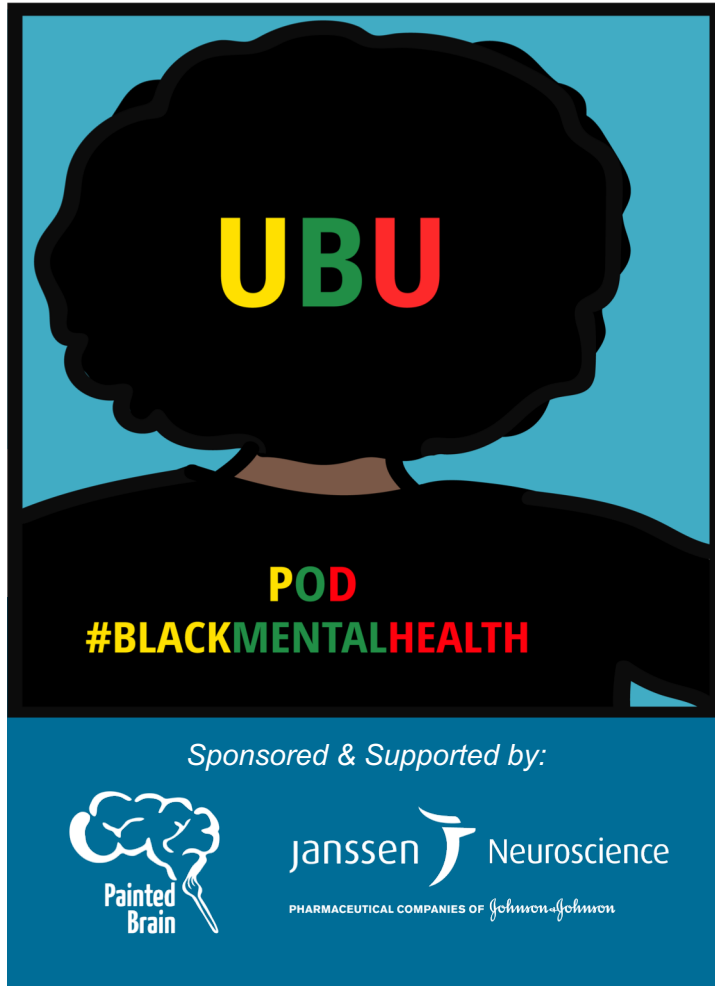


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #9

Lorenzo Lewis and Kelechi Ubozoh



Lorenzo Lewis and Kelechi Ubozoh share about how it takes a Village to take care of our #BlackMentalHealth: from their personal and professional experiences. Based on their 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 Lorenzo and Kelechi?
2. Lorenzo talked about the salon/ barbershop being “The Village” for care and healing in the Black Community. What are the natural supports in your community and how do they help your mental health?
3. “Remove crisis response system and change to community crisis response” was a powerful statement from Kelechi. How do you/we center a person who has gone or going through a crisis as expertise to inform developing a holistic community response that supports Black mental health and healing? What innovative ideas do you have and how would they advance and support the involvement of people with lived experience of mental health crisis in program, policy and or service delivery in the Black Community?
4. [The California Reducing Disparities project](#) supports the use of community defined evidence based practices as aligned with the Black (and or other cultural communities) as distinct from conventional medicalized models of EBPs (Evidence Based Practices). What do you see as community defined practices that support Black mental health particularly to support people pre, during and or post crisis? How can those community based practices be advanced and shared with others?
5. What are you excited about related to 988 (the suicide prevention and crisis lifeline)? For example it is an easy 3 digit number to remember and share with others... what else?
6. What information do you need to have about the number and services especially as you think of the call response for Black users? What concerns do you have particularly as it pertains to the needs in Black communities?

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

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

Learn more and share about 988 here: <https://988lifeline.org>