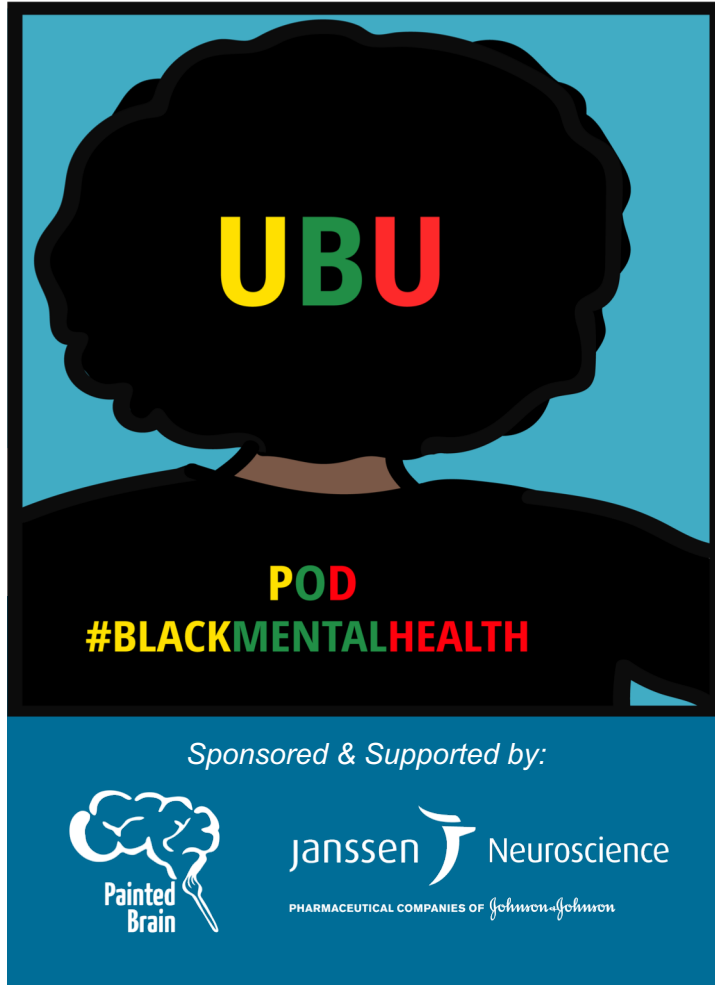


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #5

Dr. Shedrick Martin



Dr. Martin (Shedrick) is a psychiatric pharmacist and he shares about his role with patients on the front lines and our own #BlackMentalHealth from his 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 Shedrick?
2. Why is a pharmacist important and what do they do to help with our mental health and wellbeing? You can also check out this [infographic](#) from the College of Psychiatric and Neurological Pharmacists (CPNP).
3. Shedrick stated pharmacists can work in more places than our neighborhood drug stores. Where else do pharmacists provide services and what type of services do they provide?
4. When we think of our #BlackMentalHealth, how might you include the pharmacist in your treatment plan? (think of aligning where they are, what they do and how you think they might assist you and your treatment team)
5. Shedrick said one area of focus in health care is to remove barriers to care – such as how to use medication ,understand the side effects of medication and be able to ask questions about being on medications , “pharmacists help people and empower patients to be in control of their treatment and medications“. To increase empowerment also incudes increasing confidence – what would help you feel more confident to have conversations with your pharmacists? What questions would you ask specifically about your #BlackMentalHealth to better use your pharmacist as a recovery resource?

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

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