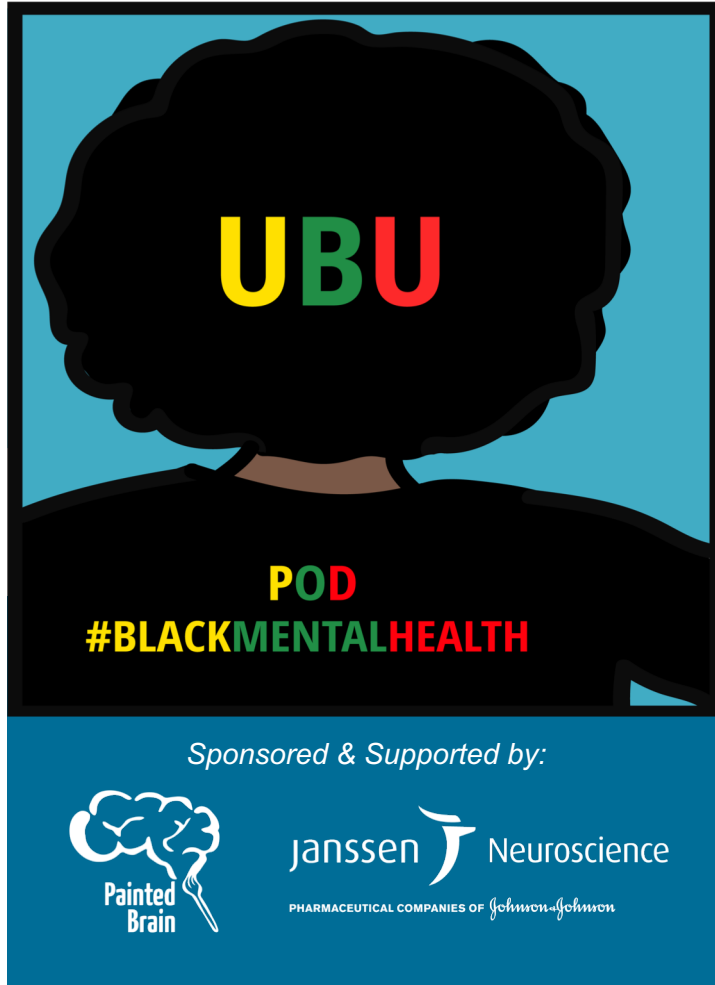


# UBU series on #BlackMentalHealth

## Talk that Talk – Discussion Guide #6

### Toni McNeil



Toni McNeil (she/hers) is the Lead Community Organizer with Faith in the Valley and does community organizing in rural areas. This episode focus is on geography matters and the needs of Rural Communities and that for our #BlackMentalHealth our work needs to be trauma informed. 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 Toni?
2. Toni talks about our histories as Black folks and the impacts of trauma in our lives. How do you understand our Black history as well as take time to recognize and address trauma?
3. In rural communities, how and where do you find the support you need to be mentally healthy? List places or people who help you in your community? Are there any gaps? if so how do you advocate for increases in resources to meet the need?
4. Toni stated that the Black community needs time when people invest in opportunities for change. How do you monitor your personal capacity to be involved in community change efforts? What resources can you access to support you and your community?
5. “There is love present” - the beautiful statement from Toni about our need to know that wherever we go – we are loved, cared for/about and important. How can we ensure that there is love present in our circles of support, in our meetings, in our systems of care? What would you demand to ensure that love is present especially to support your #BlackMentalHealth in rural communities (if you are not in a rural community what about in your community)?

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

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