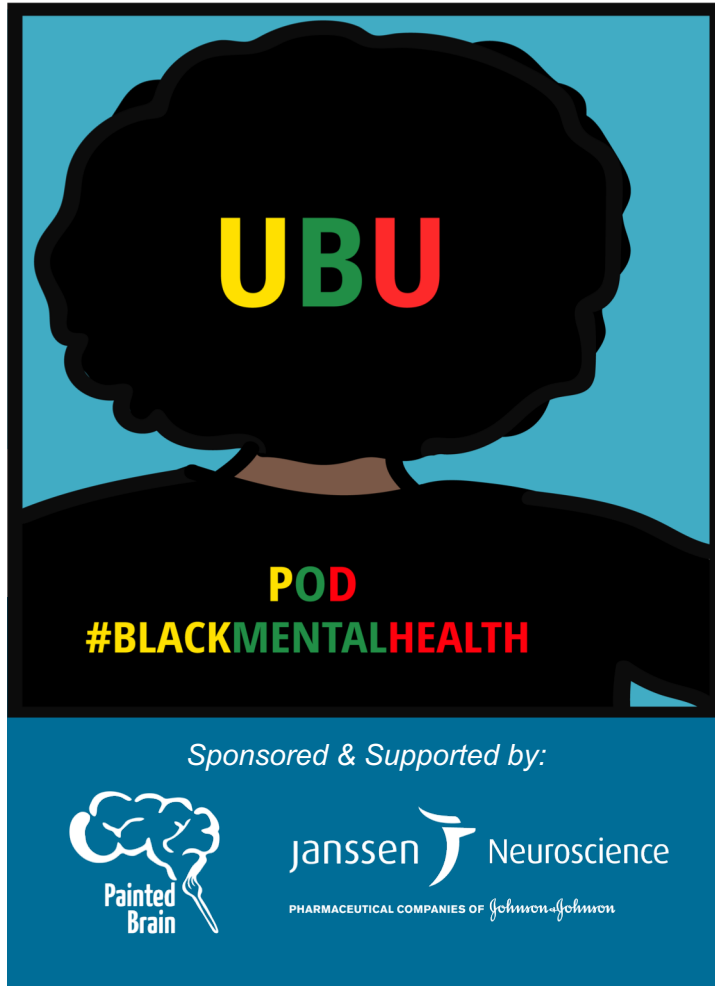


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #2

Courtney Billington



Courtney Billington shares about [#BlackMentalHealth](#): from his professional experiences as President of Janssen Neuroscience and his life's journey. 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 Courtney?
2. Courtney shared about his family and how that impacted his decision to go into neuroscience. What can you/we do about 'stigma' and speaking openly about mental health concerns especially in the Black community?
3. Keris and Courtney both spoke about hope - "'no hope' is not allowable, there is going to be hope". What do you do when you lose hope? Take a moment discuss and write down the things that give you hope, include the people who can help and how they can support you when things are really tough.
4. "Every option is not a pharmaceutical", there are many paths to wellbeing – from holistic and self-care options that Courtney stated we need to address from an equity frame. Education, economic empowerment and addressing [Social Determinants of Health](#) are critical to optimal wellbeing. What are social determinants of health and how can you/we address in our Black communities to work towards wellbeing.
5. Both Keris and Courtney spoke about their connection to the military and veteran community. 1/3 of homeless people are veterans and 1/3 of them are Black veterans. We need to remember in intersectionality to include the veterans and their families. How can we support our Black veterans in their journey to mental health and wellbeing? If you are a veteran and or family member of a veteran – discuss and write down things that you need for your wellbeing – who can support you and how.

Podcast: <https://linktr.ee/UnapologeticallyBlack Unicorns>

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