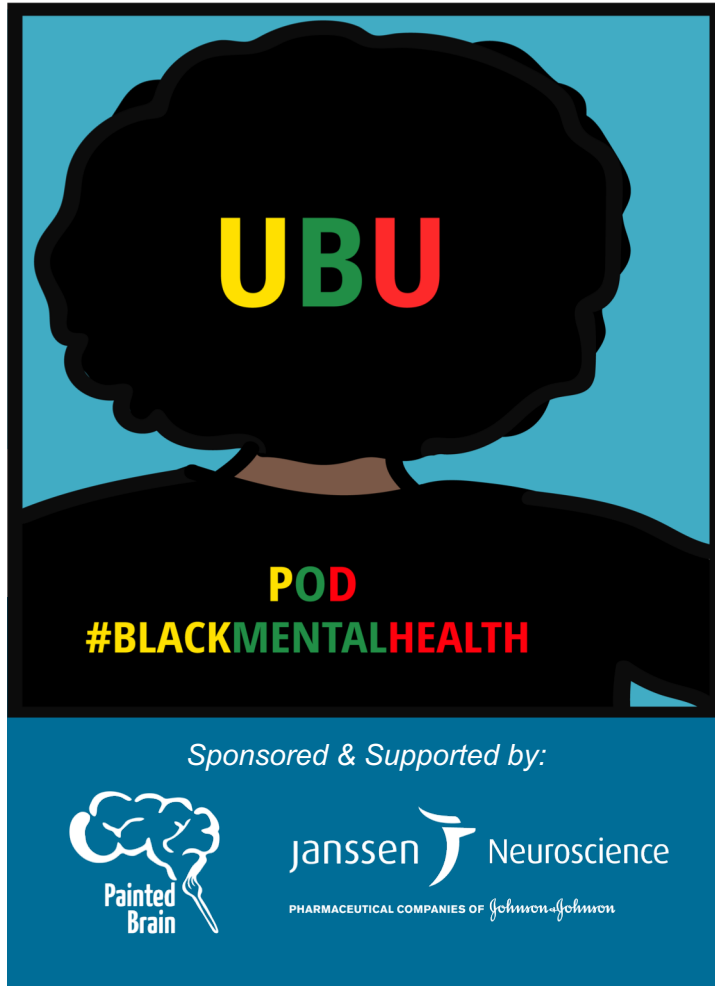


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #3

Dr. Curley Bonds



Dr. Curley Bonds shares about #BlackMentalHealth: from his experience as a psychiatrist*. 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 Dr. Bonds?
2. Dr. Bonds stated that a “psychiatrist looks at a whole person in their context” – what are some of the areas that psychiatrists consider beyond just medical that Dr. Bonds discussed? Can you think about your own health and wellbeing in these areas as well?
3. Why is collaborative care important? Dr. Bonds provided examples of the role different team members can play on a collaborative care team. Who would you list as part of your collaborative care team and what role do they play to assist in your recovery?
4. “Stigma is aligned with shame and pride” – Dr. Bonds also talks about ways that we can combat those fears about mental health/mental illness especially in the Black Community where we call stigma ‘not airing our dirty laundry’ . What are some of the ways you can contribute to reducing stigma, the fear and shame we experience in the Black community? Write down a few actions you might take or share with others
 1. Education
 2. Sharing your personal story
 3. Sharing how you have been helped on your mental health recovery journey
 4. Other(s) _____

* Note that the information shared by Dr. Bonds is not clinical advice*

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

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