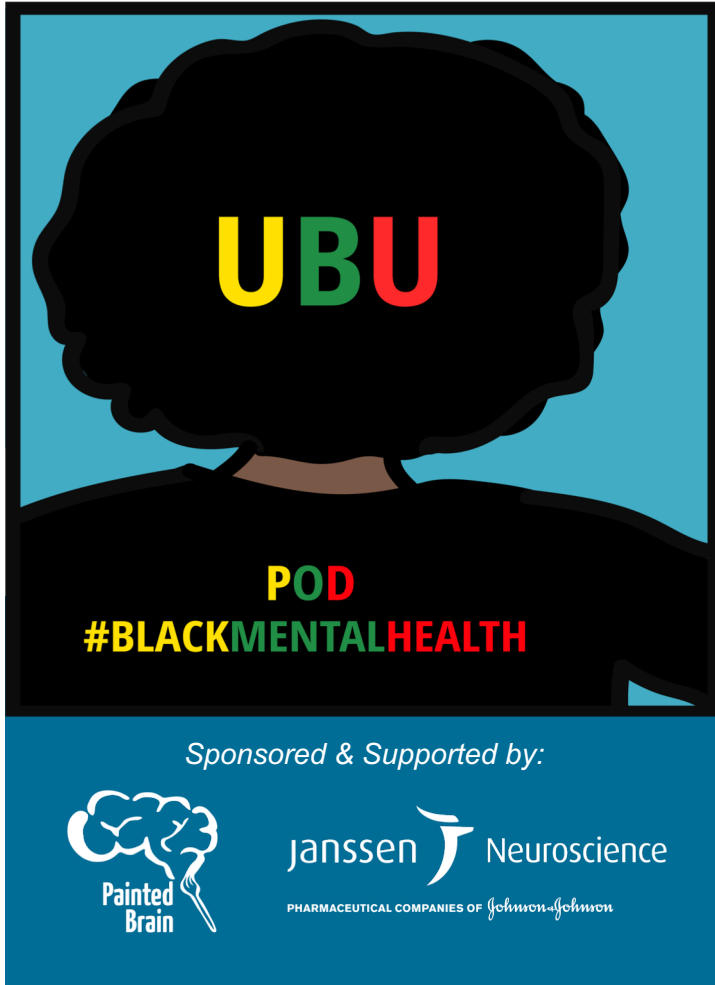


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #12

Yolo Akili



Yolo Akili, Executive Director of BEAM (Black Emotional and Mental Health Collective) talks about the importance of community based access to Black, LGBT+ and intersectional supports to meet people where they are to facilitate wellbeing. As a training organization BEAM assists in advancing peer to peer support to help with our #BlackMentalHealth at the community level. 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 Yolo?
2. Yolo talked about ‘First Responders’ being defined traditionally as social workers, doctors and other licensed professionals yet everyday community approaches are also first responders and yield a whole village approach to healing.

Who in your community are your community based first responders? When do you go to community based supports and how do they help?

Use the [Journey Map](#) to map out your community and places of healing. Share with family, friends and other supporters.
3. In this episode, we talked about tapping into “embodied experiences” such as dance, music, yoga as ways of healing . What embodied experiences help you with your emotional well being and in what way(s) does it help?
4. Why is it important to to meet the intersectional needs for mental health and wellbeing of the LGBT+ and Black community? List some things you can do for yourself and or others to support our communities wellbeing? Check out [BEAM Wellness Tools](#) too.
5. Healing Justice is such an important frame for taking care of self in order to support others – how can you be a co-healer in your community to help yourself and others on their mental wellbeing journey?

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

Website: <https://paintedbrain.org/about/unapologetically-black-unicorns-podcast>