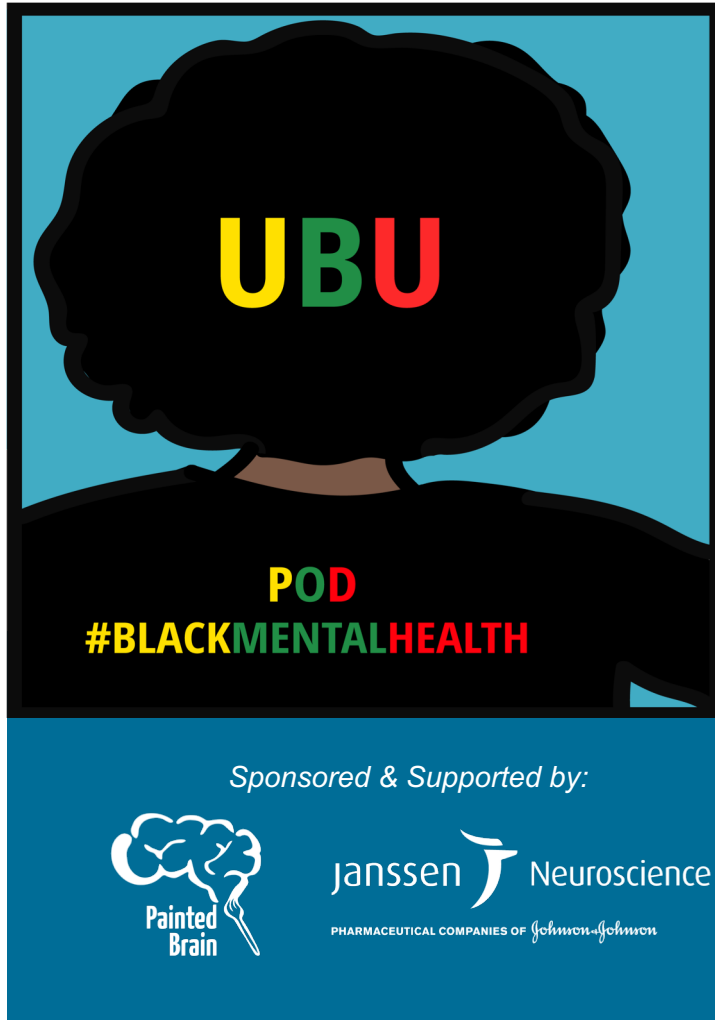


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #13

Taun Hall



Taun Hall (she/her) is the Executive Director of the Miles Hall Foundation. In this episode, Taun shares the heart-breaking story of her son Miles who was killed by the police and how it's led to her advocacy work. We also talk about AB 988 – “The Miles Hall Lifeline Act,” doing the prevention work in our Black communities and taking care of your self-care. 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 Taun?
2. While you listen to this episode and or after listening, how will you take care of your needs in the face of hearing about the Hall family and the devastating loss of their son?

Examples include: Taking necessary breaks when needed, gathering with a group to listen to the podcast and go through the discussion guide together, taking action in your community by adding mental health crisis services to your advocacy efforts. And definitely call 988 if you need at any time.

Most important is to know your triggers (it is ok if this is a subject matter that is tough for you, perhaps you can learn more through the discussion guide).

3. Taun shares how she turned her anger and grief into action to ensure no one else would have to go through this experience and as such she helped to spearhead the AB988 Miles Anthony Hall Lifeline and Suicide Prevention Act in California.

How familiar are you with the act ? How can you educate others and how can you be a part of ensuring our crisis response services meet our Black mental health and community needs? Refer to previous #BlackMentalHealth episodes/discussion guides for ideas)

4. “We have to break that stigma, there are other people going through what you're going through” - Taun encourages us to speak up, speak out and know that we are not alone.

Who will you share your story with? (especially in the Black community) Who will you reach out to when you need a listening ear or even more support? Make sure to write responses down and share with others so they know how and when to support you.

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

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