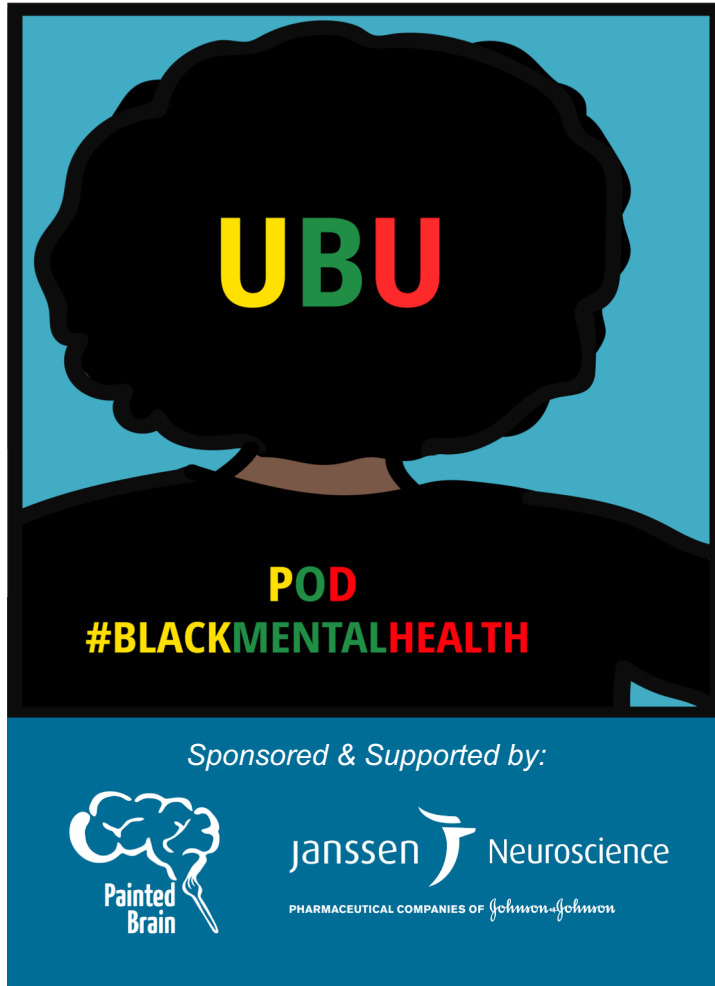


UBU series on #BlackMentalHealth

Talk that Talk – Discussion Guide #14

Pastor Najuma



Rev. Dr. Najuma Smith-Pollard (she/her) is the Founding Pastor of Word of Encouragement Community Church (WOECC) in Los Angeles, California. This episode focus is on the marriage of mental health and the faith community in order to thrive for our #BlackMentalHealth. 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 Pastor Najuma?
2. Based on the conversation, how is the church/ faith community a first responder for the Black Community to support our #BlackMentalHealth?
3. Pastor Najuma stated that a unique aspect of the Black faith community is making grace and space for people who may be struggling with their mental health. How have you made grace and space for you, your loved ones and or community members to support your #BlackMentalHealth?
4. An empowered village is a bidirectional 2–way bridge between community services and the church that consists of the following elements:
 - Building the network for referral, services, resources and guidance for faith leaders to share with their congregations
 - Building trust by recognizing past trauma and incorporating the three c's – consistent, credible and confidential
 - Moving from Building to Bonding – doing the work and creating community around self-love, self-care and mental health and wellbeing
- Discuss how you and your faith community can create and or advance an empowered village using the components shared by Pastor Najuma. How will this help to advance #BlackMentalHealth of your community?

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

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

For more information about Rev. Dr. Najuma Smith-Pollard visit: <https://linktr.ee/Rev.Najuma>