

SOULS OF A BLACK MAN: The Challenges Black Men Face

FALL 2006

For Black Men the consequences of neglected mental health needs can be devastating

- **7% of Black Men will develop depression during their lifetime.**
- **From 1980 to 1995, the suicide rate for Black male youth (ages 15-19) increased by 146%.**
- **Racism-related stress has been found to contribute to psychological problems for Black men**

Mental health is a taboo subject for Black men. In general, there is a stigma associated with seeking help for mental or emotional concerns. This empowerment group is for Black men who face a number of challenges and issues. Issues related to culture, masculinity, and the socio-political environment can keep Black men from tackling problems related to mental health. This process group offers Black men the opportunity to voice their concerns, gain support from other members, and define better ways to cope with problems.

For more information about joining, please call (352) 392 - 1575.



TUESDAY 4:30 PM - 6:00 PM — RICO MOSBY & KEVIN STANLEY

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