

1. Record Nr.	UNINA9910794062803321
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Titolo	The unapologetic guide to Black mental health : navigate an unequal system, learn tools for emotional wellness, and get the help you deserve // Rheeda Walker, Na'im Akbar
Pubbl/distr/stampa	Oakland, CA : , : New Harbinger Publications, , [2020] ©2020
ISBN	1-68403-415-9
Descrizione fisica	1 online resource (234 pages)
Disciplina	616.89008996073
Soggetti	African Americans - Mental health Self-help publications.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Contents -- Foreword -- CHAPTER 1. The Psychological Crisis Is Real: Let's Fight for Our Sanity Together -- PART 1: Recognize Serious Threats to Emotional Health and Life -- CHAPTER 2. What You Can Do If Death Seems Like the Best End to Pain -- CHAPTER 3. Poor Diet, Neglected Health, Addiction, and Low-key Suicide -- CHAPTER 4. The Anxiety and Depression Beneath It All -- CHAPTER 5. Racism Is Bad for You -- CHAPTER 6. Assimilating and Internalizing Racism -- PART 2: Reclaim Your Mind to Reclaim a Life Worth Living -- CHAPTER 7. Exploring and Expanding Meaningful Blackness -- CHAPTER 8. Making the Most of Your Spiritual Resourcefulness -- CHAPTER 9. Being Genuine About Needing Help Makes Getting Help Possible -- CHAPTER 10. How to Make "Therapy" Work, When You Need It -- CHAPTER 11. Apply New and Improved Tools to Overcome Stress -- CHAPTER 12. Claiming Your Truths Makes Change Possible -- Acknowledgments -- Notes -- About the Author.
Sommario/riassunto	There is an unaddressed Black mental health crisis in our world today. In The Unapologetic Guide to Black Mental Health, psychologist Reeda Walker offers a comprehensive guide to help African Americans combat stigma, increase awareness around mental illness, practice emotional wellness, and get the best care possible for Black people in an unequal system.

