1. Record Nr. UNINA9910825951503321 Autore Walker Rheeda **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 Oakland, CA:,: New Harbinger Publications,, [2020] Pubbl/distr/stampa ©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 Intro -- Contents -- Foreword -- CHAPTER 1. The Psychological Crisis Nota di contenuto 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. There is an unaddressed Black mental health crisis in our world today. Sommario/riassunto 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.