



A Resolution addressing Mental Health and Wellness

Committee: Health

Resolution: HEA-20-05

1. **WHEREAS**, African Americans living below poverty are more likely to report serious
2. psychological distress.
3. **WHEREAS**, More than 1 in 5 African American people in the United States lived in
4. poverty as of 2018.
5. **WHEREAS**, 4.8 million African American people have reported having a mental illness
6. in the past year.
7. **WHEREAS**, Binge drinking, smoking, illicit drug use and prescription pain reliever
8. misuse are more frequent amongst African Americans with mental illness.
9. **WHEREAS**, Many African Americans hold beliefs related to stigmas that ultimately
10. affect their coping behaviors.
11. **WHEREAS**, Less than 2% of the American Psychological Association members are
12. African Americans which causes worry that mental health practitioners are not culturally
13. competent enough to treat specific issues.
14. **WHEREAS**, In 2018 58.2% of African American young adults, age 18-25, and 50.1% of
15. African Americans, age 26-49) with serious mental illnesses did not receive treatment.
16. **WHEREAS**, Studies found that black people in low income, urban communities are at
17. high risk for exposure to traumatic events such as relatives murdered and personal

18. experience with physical and sexual abuse, all of which are associated with the onset of
19. post traumatic stress disorder and depression.
20. **WHEREAS**, Research shows African American women experience more physical
21. chronic illness more than white women that would increase the rate of chronic mental
22. illness.
23. **WHEREAS**, The National Mental Health Association's survey concluded 63% of
24. African Americans believed that depression is a personal weakness.
25. **WHEREAS**, Women separated, divorced, widowed or never married women were more
26. likely than married women to meet the criteria for any mental health condition.
27. **WHEREAS**, Lower income women have been found to have increased substance abuse
28. than women within higher income categories.
29. **THEREFORE, BE IT RESOLVED** that NOBEL Women promotes more mental health
30. audits and research of the African American communities including specific data
31. representing each intersectionality nationwide.
32. **THEREFORE, BE IT RESOLVED** that NOBEL Women supports easier access for
33. African American women to receive mental health care.
34. **THEREFORE, BE IT FINALLY RESOLVED** that NOBEL Women supports assisted
35. access to mental health care for low-class minority communities.

References

<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=24>

<https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>

**Introduced by the Honorable Karen Camper
Tennessee General Assembly**