



# MENTAL HEALTH MATTERS

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# Mental Health vs Mental Illness

What's the Difference?



# What is Mental Health?



***Mental health is our emotional, psychological, and social well-being that affects how we think, feel, and act.***



***Determine how we handle stress, relate to others, and make healthy choices.***



***Important at every stage of life, from childhood and adolescence through adulthood***

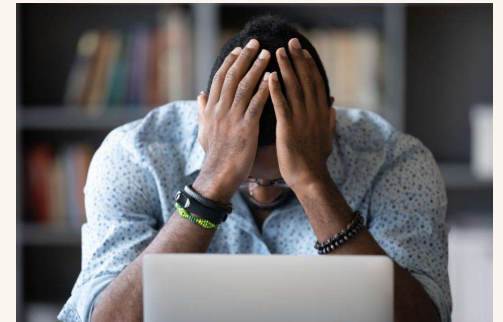
## What is Mental Illness?



**Mental illnesses — also called mental health conditions or mental disorders — are diagnosable conditions.**



**Often involve a highly distressing change in your thinking, emotions, or behaviors.**



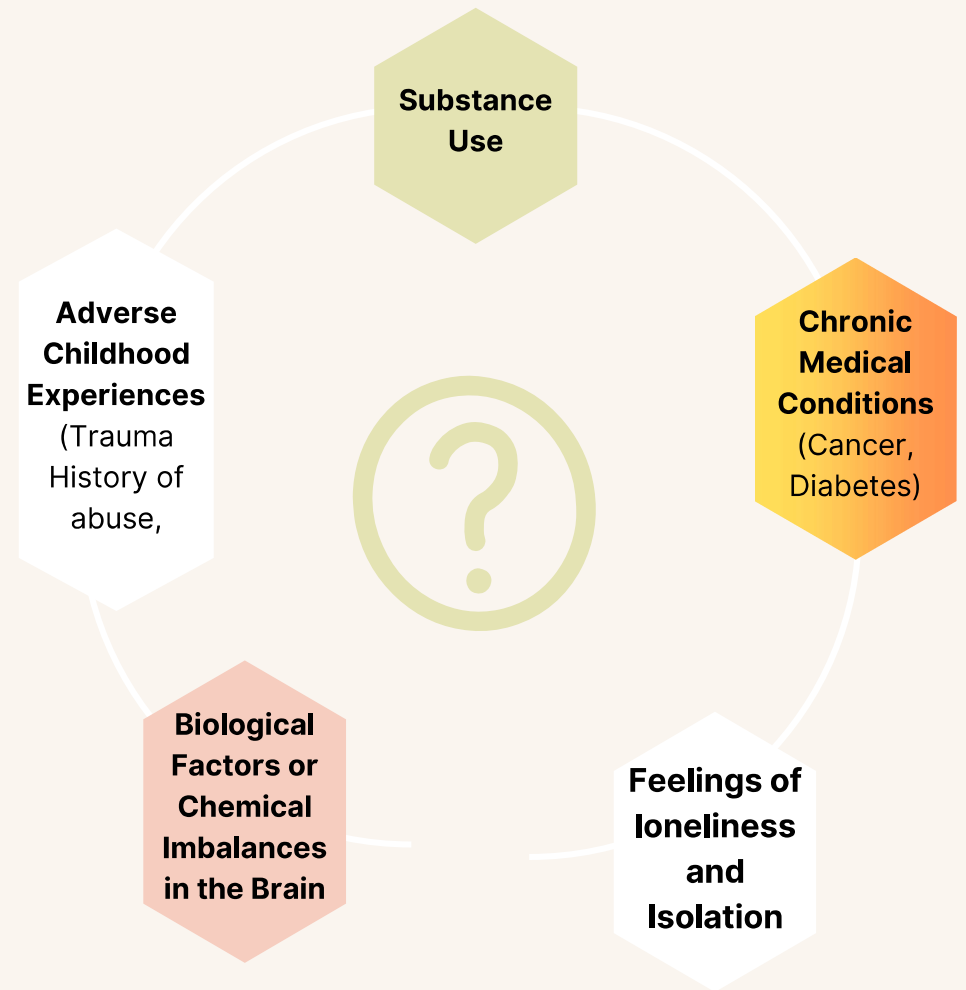
**Can affect how you perform some daily activities.**



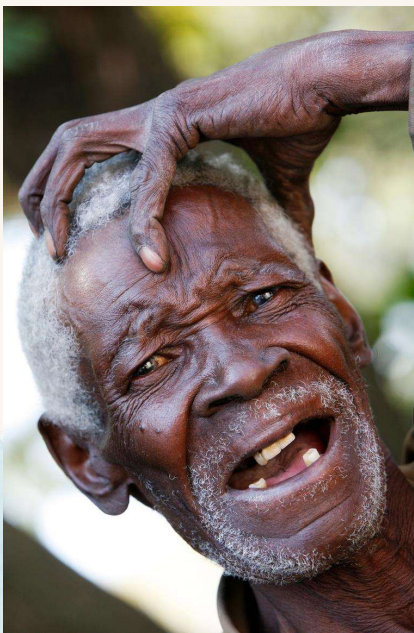
# Causes of Mental Illness



**Mental Illness can be caused by Biological, Psychological, Environmental and Socioeconomic Factors**



# The 5 Stressors for Black Men



## Money and Finances

Lack of economic opportunities & the inability to make ends meet.



## Race and Racism

Negative racial experiences from institutionalized, personal, and internalized racism.



## Job loss and careers

Difficulties finding, keeping and succeeding at a job or career.



## Relationships and Family

Struggles in relationships with significant other, spouse, family members & children.



## Health and Illness

A lack of good diet and exercise and chronic disease causes adverse health.

Mental health issues disproportionately affect Black men, with untreated disorders and chronic stress posing significant risks. Adult African Americans face a 20% higher likelihood of experiencing serious mental health problems compared to the general population. While 1 in 5 U.S. adults have a mental illness, the impact on Black men is particularly severe, as they are four times more likely to die by suicide than Black women. Despite these concerning trends, only about 25% of Black Americans seek mental health care, compared to 40% of white Americans, highlighting a critical gap in treatment access and utilization within the Black community.



**What People See**

**Trauma**

**Loneliness**

**Abandonment**

**Rejection**

**Guilt**

**Embarrassed**

**Depression/Sadness**

**Anxiety/Fear**

**Frustration**

**Hurt**

**Helplessness**

**Insecurity**

**Shame**

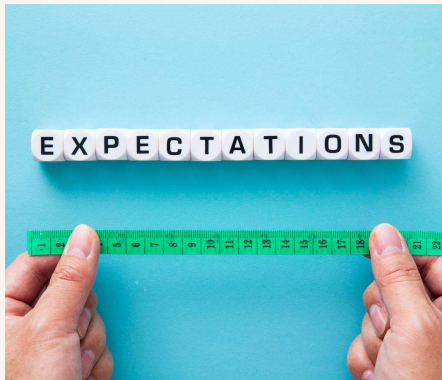
**What People Don't See**

**Grief/Loss**

**Stress and/or  
Overwhelmed**



# Why Do Men Hide Their Emotions?



**Societal Norms and Expectations**



**Fear of Vulnerability and Judgement**



**Impact of Upbringing and Role Models**



**Lack of Emotional Education and Tools**



## Consequences and Repercussions of Hiding our Emotions

1

**Leads to Stress, Anxiety, and Depression**

2

**Struggle with forming and maintaining relationships**

3

**Physical symptoms like headaches, stomach problems, and a tightening chest are often overlooked as signs of emotional distress.**



# Depression "Silent Killer"

## 8 Hidden Signs of Depression in Black Men

SLEEPING TOO MUCH OR  
TOO LITTLE

PAIN

LOSS OF FOCUS

ANGER

STRESS

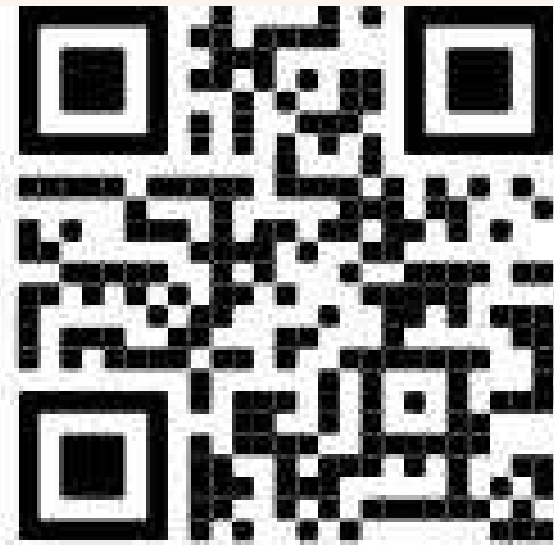
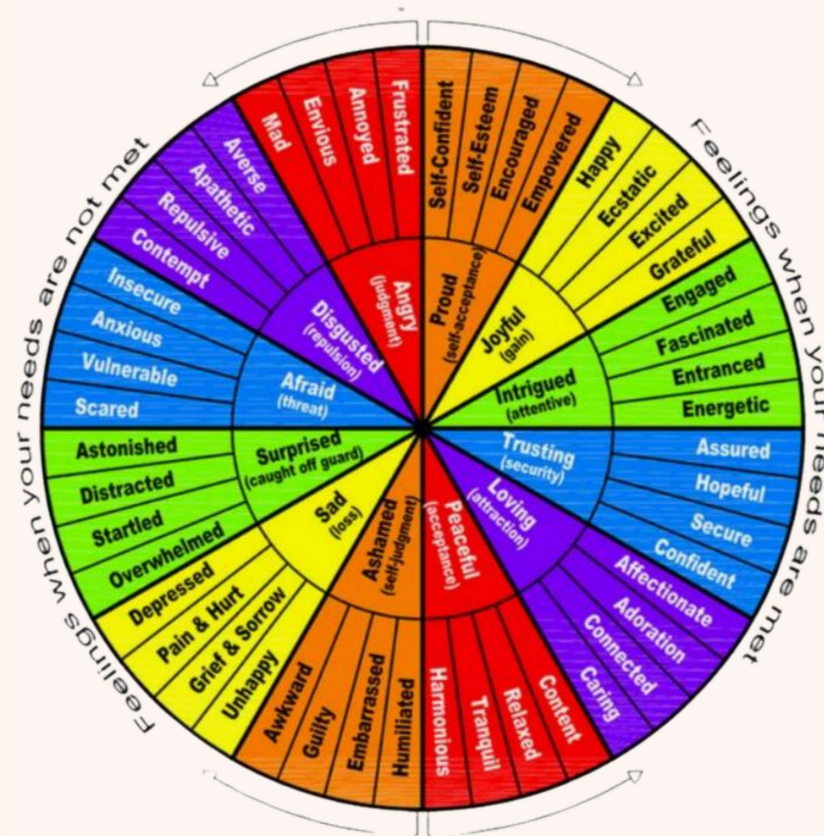
SUBSTANCE ABUSE

SEXUAL DYSFUNCTION

SUICIDAL THOUGHTS



# Exercise 1





# Coping Strategies



Talk with a  
Therapist

If feeling suicidal or  
in crisis, call 9-8-8  
or go to your  
nearest hospital

Don't Isolate: spend  
time with family,  
friends, LBs

Write in a journal,  
engage in hobbies,  
use Deep Breathing  
and Relaxation  
Exercises

Self-Care: get rest,  
eat healthy meals,  
set boundaries, and  
physical activities or  
exercise

# Exercise 2



# Mental Health Resources

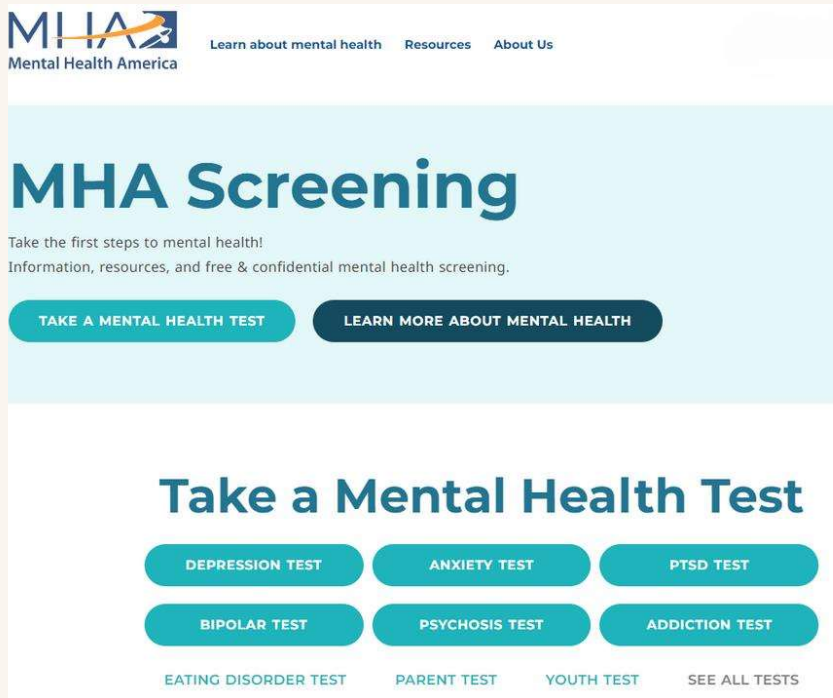


1. **RS Counseling and Wellness Center-101 Rte 130 S, Cinnaminson, NJ, 856-389-5458\***
2. **Creative Change Counseling-668 Main St., Lumberton, NJ, 609-667-7353\***
3. **Duckett and Charleston Psychological Services, LLC, 3221 Route 38, Mt. Laurel, NJ, 856-437-0441\***
4. **Spring Valley Counseling-101 Route 130 S, Cinnaminson, NJ, 609-200-5878\***
5. **Legacy Treatment Services-1289 Rte 38, Hainsport, NJ, 609-267-5656**

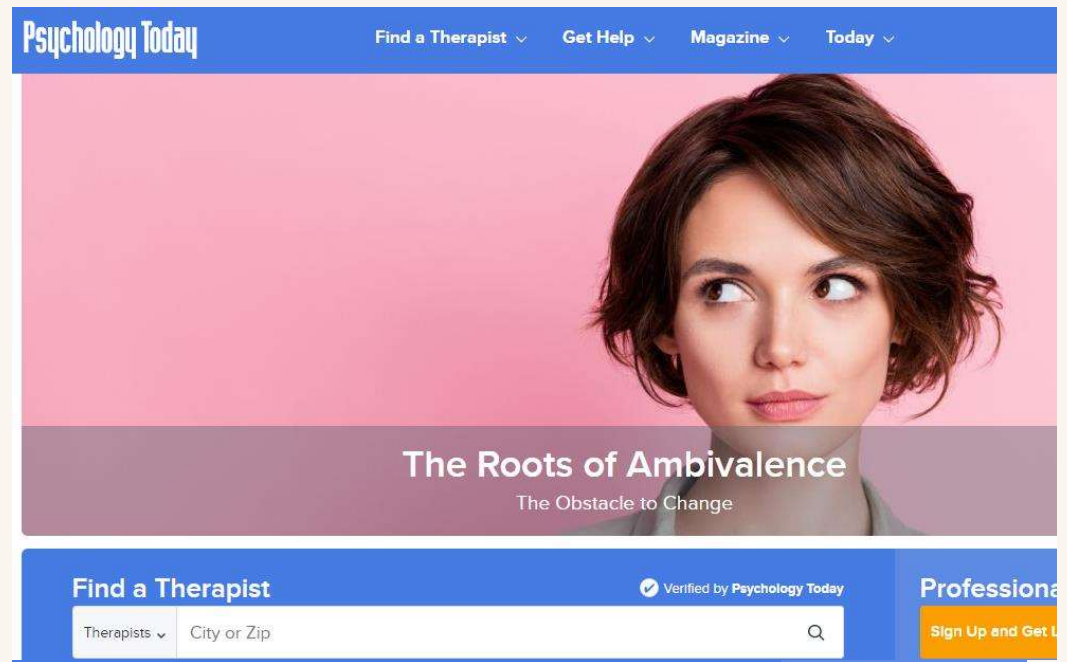
**\*Black-owned**



# Mental Health Resources Cont...



<https://screening.mhanational.org/>



<https://www.psychologytoday.com/us>

# Mental Health Resources Cont...

## While you wait for services-Tips for Families

[https://vmap.org/wp-content/uploads/2024/05/3\\_While-You-Wait-For-Services-Tips-for-Families\\_1.31.24-1.pdf](https://vmap.org/wp-content/uploads/2024/05/3_While-You-Wait-For-Services-Tips-for-Families_1.31.24-1.pdf)

## Supporting Safety-Family Handout

[https://vmap.org/wp-content/uploads/2024/05/7\\_Supporting-Safety-Family-Handout\\_1.31.24-1.pdf](https://vmap.org/wp-content/uploads/2024/05/7_Supporting-Safety-Family-Handout_1.31.24-1.pdf)

Not Sure What to Say to Someone with Depression?

Here Are 7 Ways to Show Support

<https://www.healthline.com/health/what-to-say-to-someone-with-depression>

## NAMI (National Alliance on Mental Illness)

<https://www.nami.org/Support-Education/Support-Groups/>

## Grief Resources

<https://good-grief.org/resources/>







*Thank  
You*

