



Alpha Kappa Alpha Sorority, Incorporated Zeta Upsilon Omega Chapter
Target 2 – Women's Healthcare and Wellness

PRESENTS
SOROR CHAT SERIES
Taking Care Of Your Mental Health
During the Covid-19 Pandemic and Beyond

Mental Health During COVID-19 and Beyond

- African Americans account for 13% of the population in the USA or 44 million people identify as Black
- According to an analysis of survey data from Johns Hopkins University found that coronavirus infection rates were three times higher in counties with predominantly black populations than in predominantly white counties
- In 32 states plus Washington, DC Black people are dying at rates higher than their proportion of the population. In 21 of those states its more than 50% above what would be expected
- In Wisconsin at least 141 African Americans have died representing 27% of all Covid19 deaths in a state where we account for 6% of the total population

Mental Health During COVID-19 and Beyond

- Anyone can experience mental illness. It is actually taking place at a higher rate than most other illnesses including heart disease, diabetes and cancer according to researchers at Sibley Memorial Hospital
- African Americans were stressed pre COVID-19.
- Effects of Physical Isolation
- Increase of financial stressors
- The NY Times published an article on research conducted regarding Police killings and how they have harmed mental health in Black Communities. The study found when Police officers in the USA kill unarmed black people, it damages the overall mental health of black people in those states and immediate areas. The study wanted to assess the harm police violence has inflicted on the broader psychological and emotional well-being of African Americans

Mental Health During COVID-19 and Beyond

- The Health and Human Services Offices of Minority Health reports African-Americans are 10% more likely to experience serious psychological distress.
- The National Alliance on Mental Illness has a statistic showing less than 30% of African Americans with mental illnesses or psychological stressors seek professional help annually compared with the U.S. average of 45%
- The National Institute of Health reports African American men continue to underutilize mental health treatment and have the highest all cause mortality rates of any racial/ethnic group in the United States.

Mental Health During COVID-19 and Beyond

- Increased Anxiety
- Despair/Hopelessness
- Anger
- Mood swings
- Sadness lasting longer than normal
- Ruminations
- Fear
- Overwhelmed with difficulty concentrating
- Fatigue/Exhaustion (physical or emotional/mental)
- Forgetful
- Loss/Increase of appetite

Self Care Is Health Care

- Seek Professional Help talk with your PCP, Psychiatrist or Mental Health Professional
- Therapy for Black Girls; Dr. Joy Harden Bradford
- Inclusive Therapist; Provides therapists with racial trauma training using a holistic approach
- Sista Afya's Free Virtual Online Sessions in a conversation format
- BEAM Black Emotional and Mental Health (TelePsych)
- Ethels Club Wellness Group Centered on People of color they hosts virtual group sessions twice monthly
- Attempt to get a minimum of 7 hours of sleep each night
- Realistic Expectations For Yourself
- Move 30 minutes of exercise daily will assist in boosting endorphins that can help some people to manage or prevent depressive symptoms
- Diet Incorporating a healthy mix of fruits, vegetables and protein keeps energy level steady, helping you to better control your emotions
- Set boundaries know your limits
- Meditation and Prayer
- NAMI Helpline 800-950-NAMI OR text NAMI to 741741.