

## How to help others?

- Just listen
- Provide welcoming and non judgemental environments
- Check in on friends and colleagues
- Inform peers and colleagues about information, campaigns and services
- Don't feel like you have to have all the answers



## Contact us

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## Race, ethnicity and mental health

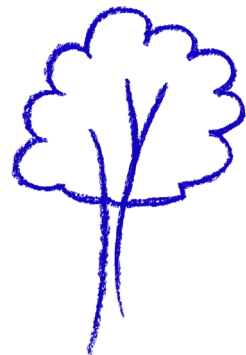


At HEH Mind we work to promote good mental health within our locality. We seek to support and empower people to lead a full life as part of their local community. Our services include

- Adult wellbeing
- Family wellbeing
- Children and young peoples wellbeing
- Training and workplace wellbeing
- Advocacy
- Anti stigma/ discrimination campaigning
- Fund and awareness raising

HEH Mind services and support are available across the Havant Borough and East Hampshire District, with some projects and service available across Hampshire.

Importantly we are a separate charity to National Mind. When you choose who to fundraise for us you will need to select 'Havant and East Hants Mind' to raise for the local services we deliver. Donations to 'Mind' will not come to us or to local services.



## Other organisations

**Black, African & Asian Therapy Network** — [baatn.org.uk](http://baatn.org.uk)  
Home of the largest community of Counsellors and Psychotherapists of Black, African, Asian and Caribbean Heritage in the UK Membership and Events

**Black Minds Matter UK** — [blackmindsmatteruk.com](http://blackmindsmatteruk.com)  
The aim of Black Minds Matter is to ensure that black people in the UK can access mental health support. The organisation does this by helping black people and families across the nation to find professional mental health services, in addition to raising money to help cover the cost of such services.

**Chinese Mental Health Association** — [cmha.org.uk](http://cmha.org.uk)  
Provides a diverse range of services for Chinese people who experience mental health issues and their carers.

**Equality Advisory & Support Service** — [qualityadvisoryservice.com](http://qualityadvisoryservice.com)  
This organisation gives practical advice and information about the Equality Act 2010 and discrimination.

**Equality & Human Rights Commission** — [equalityhumanrights.com](http://equalityhumanrights.com)  
This organisation provides information about discrimination and the Equality Act



# Support and services

- **Asking your Doctor for help**

Your doctor (GP) is there to help you with your mental health as well as your physical health. They could:

- make a diagnosis
- offer you support and treatments, such as self-help resources, talking therapies, and possibly medication

- **Talking to someone you trust**

It might feel hard to start talking about how you are feeling. But many people find that sharing their experiences can help them feel better. It may be that just having someone listen to you and show they care can help in itself.

- **Peer support**

Making connections with people who have similar or shared experiences can be really helpful. Consider searching for regional, workplace, social or faith groups in your area.

You can also try online peer support such as Side by Side ([www.sidebyside.mind.org.uk](http://www.sidebyside.mind.org.uk)).

- **Self care**

Self-care means things we do for ourselves to help improve our mental and physical health. Practising self-care can help boost your self-esteem.

# Why we don't use 'BAME'

There is an inherent problem in a catch-all term given the complexity of how we categorise race. We recognise the ways in which people, by virtue of their race or ethnicity, are put at systemic disadvantages. We are working to support people experiencing these disadvantages and to play our part in tackling and fixing these injustices.

# Identities and challenges

We're using 'race' and 'ethnicity' as umbrella terms, we know that people, of any one race or ethnicity, do not exist as one group. Everyone is different. Our identities are a complicated mix of factors, including:

- age
- religion
- cultural background
- socio-economic background
- gender identity and gender expression
- sexuality
- physical ability
- many other characteristics



You might face many challenges in your life that other people of the same race or ethnicity don't face, or even understand. This might include many other kinds of discrimination, social exclusion or social disadvantage. This can make you even more likely to develop problems with your mental health, and make it even harder to get help.

## Differences in support

Information from Mental Health England states that:

- Black women are more likely to experience a common mental illness such as anxiety disorder or depression
- Older South Asian women are an at-risk group for suicide
- Black men are more likely to experience psychosis
- Black people are more likely to be detained under the Mental Health Act

However, more white people receive treatment for mental health issues than people from any other background.

Some of the reasons why mental health illnesses may be more present in certain races and ethnicities could be because of:

- Inequalities in wealth
- Bias, discrimination and racism
- Stigma about mental health within community groups
- Inaccessibility of services and support



## Pandemic impact

In July 2020 Mind, the national charity, carried out a survey of over 14,000 adults; revealing that existing inequalities in housing, employment, finances and other issues have had a greater impact on the mental health of people depending on their race and ethnicity during the coronavirus pandemic.

The impact of the pandemic on wellbeing were around the same for all groups; with three in five adults saying their mental health has got worse during lockdown .

Mind's longer term concerns are that the fall-out of the pandemic will disproportionately affect some communities far into the future.

The immediate impact of isolation, fears about the virus and inadequate access to NHS mental health services will, for many, ease as lockdown is lifted and life starts to return to 'normal'.

However, problems with housing, employment and finances will likely last for much longer and become worse as the emergency government measures introduced to protect people from evictions, unemployment and redundancy; including furlough, better Statutory Sick Pay and Universal Credit all come to an end in summer 2021.

