



Dear Community Member,

We are pleased to announce the release of the “Mental Health in the African American Community Support Guide”. The Each Mind Matters African American Strategic Council came together last spring to support the development of this piece. From the beginning, we wanted something that would not only reduce stigma in our community, but encourage help-seeking while recognizing the barriers that many African Americans face on a daily basis.

The support guide is a culmination of many months of outreach, research, and interviews with community, county and state representatives to determine what was most needed in the community. The guide includes the following highlights:

- Ways to create supportive communities
- Suicide prevention
- Simple ways to boost mental health and wellness
- Steps to support family and friends
- Where to get more support
- Words of encouragement

We believe this will be a useful tool for the African American community you serve. Under the “Where to get more support” section, we have left open space for you to include your organizations contact information as well. We hope you will share these brochures at your office, community events, houses of worship or at any event your organization may participate in.

Thank you for your support!

Sincerely,

The African American Strategic Council Members

Zima Creason, Mental Health America of California  
Gigi Crowder, Mental Health Friendly Communities  
Jim Gilmer, Racial & Ethnic Mental Health Disparities Coalition  
Regina Mason, The Village Project Inc.  
Jahmal Miller, California Department of Public Health  
Rolanda Wilkins, Earth Mama Healing

And the California Mental Health Services Authority

