

Sanah Jones

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Advisor:

Mr. Forrest

In America, mental illness can and has affected people young and old. Rich and poor. This illness has a perpetual schedule in certain areas in America. More directly in areas with low income and families of color. Mental illnesses are often physical as well as emotional or psychological. Mental illnesses may be caused due to genetic factors or a tragedy in their life. And while African Americans are not the only people in the world who have to suffer in the world with this unfortunate outcome, specific ways that African Americans are treated in America can lead to having a Mental illness. Some of these ways could be poverty, gang violence in the low income neighborhood, or even the Justice system being oppressive towards them. I genuinely care, and have personally been through the effects of mental illnesses, and I have seen enough to claim that if enough people care about the mindset of African Americans in an unhappy situation, me and those with higher power could get *the* people what they deserve: A healthy lifestyle for them and the people they care for.

Did you know that one of the main reasons someone would be homeless would be poverty/ mental disorder ( according to the National Law Center)? Being homeless wouldn't be the *most* tragic thing that could happen to someone, but being homeless could introduce many self endangering thoughts and actions like drugs, committing a crime and contracting viruses. Going through a tragedy could be a life altering time in a person's life. And with much more crime and death happening in black and brown neighborhoods than whites, mental illnesses like depression and PTSD are very easy to

find in a person of color. For instance, the American psychiatric Association gives data relevant to the cause. They published, "Although rates of depression are lower in blacks (24.6%) and Hispanics (19.6%) than in whites (34.7%), depression in blacks and Hispanics is likely to be more persistent." This data only proves that mental illness in African Americans, as I said before, are reoccurring. This cycle of oppression is what keeps most African American in poverty, as I will go into detail with.

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Americans in America is a worldwide concern. The oppression, the unjust justice system, and much more is what African Americans have to go through on a daily basis with friends and family. It has come to a point where the amount of income one gets, does not reflect on how hard you work or how much effort you put into the activities you love, but the color of your skin. And this government, the people who have the objective to rule according their people, cuts checks and overlooks benefits. According to the text Systematic Inequality, "African Americans systematically have less wealth than whites...The median black wealth in 2016 amounted to \$13,460—less than 10 percent of the \$142,180 median white wealth. The average black wealth was 11 percent that of whites, and slightly more than one-quarter of blacks had no or negative wealth, compared with only a little more than 10 percent of whites." To simplify, blacks in America have and gets less than whites and this type of injustice has been going on for years. And because of this, African Americans have a higher risk of being in debt and have a risk of losing their homes. This all brings me back to my last argument with saying that going through something because of the color of your skin can give them any length of a mental illness. And those who go through it can not afford the help. So any support that could help those in need and stop them from being trapped in mental illness in the first place could change every little thing into a very big help.

While I talked about what will happen and what has happened if little to any justice will be done to help and stop this corrupted cycle of injustice within the black community, I urge to tell the change that will occur if help and savor uprose to the ones that need it. The black lives Matter protests aren't new in this world and that is the same saying for the donations that pour in from able bodys. The foundation had gathered up to 5 million dollars as of june 2020. The centers and group homes that are barely standing in places who need it most will get a fix up and new ways to help the needy communities.

And with help from people who really and genuinely care about what's going on, the risk of mental illness in the black community will go down dramatically. According to McLean, a Harvard Medical School Affiliate, explains how to untwist the cycle of mental illnesses within the black community.” Black people are far less likely to seek care. Statistics tell us that about 25% of African Americans seek mental health care, compared to 40% of whites...Some factors may include “the lack of cultural sensitivity by health care professionals, African Americans feeling marginalized, and the reliance on family, community, and spiritual support instead of medical or psychiatric treatment” They continue to claim,”We can all work to: Bring awareness to the use of stigmatizing language around mental illness; Educate family, friends, and colleagues About the unique challenges of mental illness within the Black community; Become aware of our own attitudes and beliefs toward the Black community to reduce implicit bias and negative assumptions.

Each one of us can make a difference in the lives of those who need mental health support. By recognizing that the Black community has unique experiences when it comes to mental illness, we—as citizens of the world—are beginning to chip away at the stigma that permeates through culture...” This only comes to prove that with the right amount of positive support, and reason for fighting, we can overcome the fight of mental illness in the community of color.

The fight for equality regarding blacks in America have been going on for centuries. Protests, groups, and other forms of self healing have helped the image of Black people. That image is what's called a stereotype; That ALL black people are poor or that ALL black people are violent. To the sane eye, that is clearly inaccurate and seems misguided. But unfortunately people in the world would still give bias and uneducated reasons to why being black, or rather not being white should play a part in one's life. These reasons along with many others can lead to African Americans being set aside from societies. No one to turn to and no one to help with the label "Aggressive broke black man" or "Unnatural ghetto black woman" stitched to their energy and to their person. Getting a mental illness only because of your skin color is scary and unfortunate. The only thing worse is going through it alone. Going through a tragedy such as your son being in a neighborhood gang because he can't hold a good job. Or being rejected from society because being black is not "cool". Supporting those that can't support themselves could realise a chain effect and while you, the reader specifically, won't be helping every second of every hour, you could cause someone to help, and so forth.

"The world will not be destroyed by those who do evil, but by those who watch them without doing anything."-Albert Einstein.