Intersectionality & Mental Health

Addressing Our Social Identities, Stigmas & Perceptions of Mental Health
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Psychology and Woman & Gender Studies Majors

Political Science Minor

Co-Founder of Mental Health in Melanin

Social Justice Activist/Advocate

Peer Educator
Intersectionality  the interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage.

Kimberle Crenshaw (1989)
Play Your Identity Card

- What identity do you think about the least?
- What identity may have affected the way you have been treated? (clinically or socially)
- Which identity most affects your mental health?
I Just Couldn’t Say It Better:

https://www.youtube.com/watch?v=FgNaqfGTysU
Mental Health 4 Us.

Collective Trauma
- Institutional Racism/Discrimination
- Threat of Policing (Charles Kinsey)
  - ½ to ½ of all people killed by the police experience mental disabilities
  - Black Americans are 3x more likely to be killed by police
  - More likely to be imprisoned in relation to substance abuse
- Being a Representation of the Many
  - Stigma of Mental Health Care
  - Only 2.3% of African Americans seek out Mental Health Care

Experiences of Homelessness
- YOUth Count Report
- 38% of youth experiencing homelessness in Charleston self-report being LGBTQ+
Reimaging Mental Health

Combat Mental Health Care disparities

- By being a supportive ally
- By advocating
- By spreading awareness
- By creating space for INCLUSION