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- You need at least TWO outside sources referenced in the paper, and also in the “Works Cited” section at the bottom of your doc, using correct MLA citation format.
- You do NOT need the first or second person -- I, me, my, we, us, our, you, yours, etc.

If your paper has either of these problems, it automatically loses 10% on the final grade. **They are easy to avoid, just check before you submit.**

Your Draft Here:

The Twenty Percent

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English III

25 September 2017

What is taboo for black people? Is it talking about drugs or a person's sexuality? Maybe it's the fact that adult blacks are 47.8% more likely to be obese. While all of these topics can be difficult to address, the biggest taboo is when someone brings up depression or anxiety. That's when black people start to trample over their words, changing the subject or not paying attention. African Americans view mental illness as a taboo topic because they aren't understood in the medical fields. As a result, both blacks and non-blacks , see mental illness as another “black people problem.”

The website Mental Health America shows that twenty percent of black people are more likely to report on serious psychological distress than whites, but they don't go to therapists to

get help. One factor influencing this avoidance is that less than 5% of their doctors and nurses are black, which includes therapists. Black people are concerned that by telling their problems to a therapist they won't be taken seriously. A white person is less likely to understand or sympathize with a black person because white and black people deal with different issues; for example, 25.8% of black people are below the poverty line whereas only 10% of white people are below the poverty line. African American teenagers are reported to be 8.6 (Mental Health America) percent more likely than whites to attempt suicide. Therapists no matter race, gender or identity isn't what matters in a good patient and doctor relationship. Ayorkor Goba said it bests in an article by The Guardian, "Just because a therapist looks like you doesn't mean that they will be competent," Goba says. Therapists need to be culturally competent which means they need more training, to be aware of other cultures rules and aware of how they educate each other.

Ebony and Essences are two influential magazines in the black community; both magazines wrote articles about mental illness issues in the black community and how it is hurting them. Ebony Magazine published an article on Kid Cudi, an actor who spoke out against the lack of understanding from black males on depression. Kid Cudi started a movement on Twitter with the hashtag #yougoodman. Kid Cudi wanted to open up a dialog with black males about depression. He also opened up that the reason why black males don't talk about depression is that they feel they are diminishing their masculinity. Since the time of slavery, African American males have been trying to hold onto their masculinity in a response to slave owners making them stay submissive to their every command. Mental illness isn't just taboo it isn't talked about in the black community, it's as if it's a dead language. Essences did an article about

two black women who have a mental illness. Both women touch on the fact that black people normalize their struggles because during slavery slaves were beaten and starved for voicing their struggles. African Americans biggest saying is, “I don’t want anyone in my business and I have to deal with my problems by myself.”

Another factor could be, P.T.S.D. (post-traumatic stress disorder), but there is such thing as P.T.S.S which means post traumatic slave syndrome. PTSS is only in African Americans; this was researched by Joy DeGruy. PTSS is consequence of the same trauma over and over again without treatment or change. Ebony Magazine referenced an incident that happened in Texas with a black female teen who was bullied and it resulted in her having PTSS. African Americans today don’t know what PTSS is because some blacks believe it puts blame on slavery as well as accepting there hasn’t been any change since slavery. African Americans see mental illness as a weakness, but so do other racial groups. African Americans are different because they ask for help they just don’t go to the second appointment to get it.

When asked, black males might say that talking about mental illness makes them feel emasculated, but on closer inspection, black males only feel that way because there isn't any dialogue between men that suggests it's ok to say there angry or sad. Not talking about an issue only makes it worse. African Americans are like the wives from prohibition who didn’t want their husbands drinking, but the men still drank. African American need to be aware of their own mental illnesses because the black community is contributing to stereotypes. People see black men as angry, but maybe they just need someone to put their anger towards something good. Black women are seen as loud and ghetto, but maybe they too could use some honing in on when and where to be loud and ghetto. Even though the black community doesn't talk about mental

illness it still excites and African Americans believe not talking makes things go away, but that's not true it just throws a cover over the problem.

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