

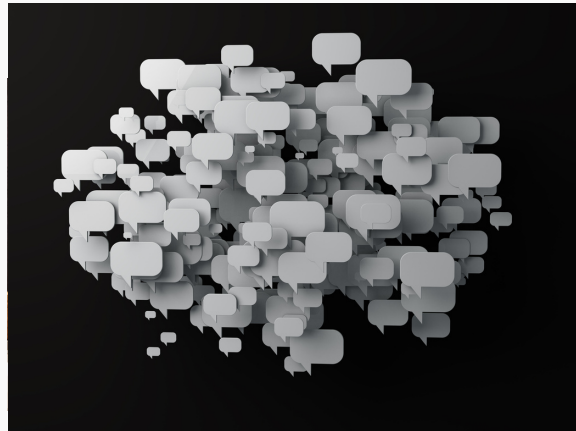
CULTURAL IMPLICATIONS MENTAL HEALTH

CULTURE “ DEFINED

The multidimensional set of ascriptive group identities to which religion, language, and race belong and all of which contribute to a person's view of themselves.



"Once you understand and appreciate other peoples cultural backgrounds, then you can also connect with them more." -Unknown



WHY TALK CULTURE?

An individual's culture shapes the way they view and live life. Many decisions are funneled through cultural beliefs before being established. This includes seeking or accepting help in any form. As a mental health advocate, understanding one's cultural norms and values could be the very thing that saves a life. Also, signs and symptoms of mental health challenges can present differently across cultures. Cultural awareness will aid in recognizing early signs and symptoms.

4 WAYS CULTURE CAN IMPACT MENTAL HEALTH

Mental Health First Aid USA

CULTURAL STIGMA

Every culture has it's own view of mental health. Within some cultures mental health challenges, are viewed as a weakness, and something to hide. This causes one to struggle with talking openly and asking for help.

UNDERSTANDING SYMPTOMS

Culture influences how people describe and feel about their symptoms. Affecting whether someone chooses to recognize and talk about only physical symptoms, only emotional, or both.

COMMUNITY SUPPORT

Cultural factors can determine the level of support from family and community. Minorities tend to be left to find mental health support alone, due to existing stigma.

RESOURCES

When seeking mental health treatment, we desire to work with someone who understands our specific experiences and concerns. It can be difficult and time consuming to find culturally sensitive care.

BECOMING MORE CULTURALLY AWARE

- **Define Your Purpose.** Why are you interested in learning more about a particular culture? For sake of this newsletter, our goal is to learn the best way to support someone with a mental health challenge. Understanding the importance of increased awareness can serve as motivation.
- **Be Curious.** Learn by asking questions. Gaining knowledge directly from the individual(s) you're trying to support will create the best understanding and outcome.
- **Exchange Stories.** Storytelling is one of the easiest, most effortless ways of learning about others. It creates a closeness that gives us insight into culture and builds relationships.



1. Mental Health First Aid USA 2. American Psychological Association 3. Frontiers in Public Health. Cultural Diversity and Mental Health: Considerations for Policy and Practice.

COUNSELING CENTER RESOURCES

We provide a wide range of services to MBI students. We offer counseling for all areas of life, including grief & trauma, boundaries, dating & marriage, substance abuse, depression, sexual abuse, and identity formation issues. Services include:

Individual Therapy
Group Therapy
Monthly Newsletters
Suicide Awareness Training
Webinars
Workshops
Walk-In Wednesdays

**We are excited to begin group counseling support this week!
Scan the code below for more details! Email us to join!**



**Counseling Services
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counselingservices@moody.edu**