

A LONG TALK

ABOUT THE UNCOMFORTABLE TRUTH

The Frontline

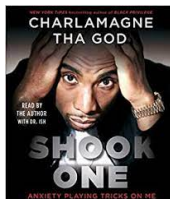
Alongtalk.com

Volume 9 (May)

Mental & Social Emotional Health



“Taboo” is often the word used when we discuss mental and social emotional health and the Black community. Historically, the Black community has rejected the notion that mental health support was a necessary part of the healing process to address the generations of trauma experienced since the first slaves touched down on American soil. It is well documented that the Black community suffers from an increased rate of mental health concerns, including anxiety and depression. Culturally responsive mental health treatment is one way of addressing the disparities in psychological wellbeing in the Black community. Fortunately, recent generations have begun to break this cycle by openly discussing mental health and the impact of trauma on the Black experience. There have been prominent public figures from entertainment and sports that have also lent their voice to the mental and social emotional health awakening.



Advocating for Mental Health and Therapy in the Black Community

Charlamagne Tha God has been an outspoken voice in radio and television for almost two decades. He's well known as one of the co-hosts of *The Breakfast Club*, a popular New York City radio talk show, and he and his other co-hosts were inducted into the Radio Hall of Fame in 2020. Charlamagne has also written two

his battles with fear and anxiety and his journey toward empowerment and success. He has been one of the leading voices and advocates for mental health and therapy in the Black community.

Click the image to see his interview on the Daily Show with Trevor Noah as they discuss mental health.

A Long Talk Community Spotlight



Meet Marla Gladstone:

Marla grew up north of Montana in Canada, but currently resides in Morgantown, WV. She has been a men's basketball coach since 2002, and is currently in the first year of her doctoral program at West Virginia University (WVU). As a female coach in a male dominated field, Marla knows something about the disparities of the system. She takes inspiration from pioneering women in sports such as Billie Jean King who fought for equal pay in the field of professional tennis. "Sometimes," Marla says, "we gotta be the ones who make the road so everyone else can drive on it."

Marla applies this sentiment to her work as an antiracist as well. As an immigrant, Marla told the A Long Talk staff that she's been around many different cultures for a long time, especially coming up as a basketball player. "I just feel like there are so many white people that are so behind, or aren't socially aware, or have no idea how dangerous they are.... There is so much work that needs to be done turning people's lightbulbs on in a way, and I feel like we just can't wait. We just can't wait."

After experiencing A Long Talk back in October 2020, Marla has been tirelessly working with A Long Talk's founders to bring A Long Talk to her institution. After months of brave conversations, she succeeded in securing an A Long Talk session for WVU faculty across ALL departments at the university to occur this month!

We salute you, Marla! Stay in the fight.



Hi there! It's me again, Noni Malene, and I want to remind everyone that good quality nutrition and mental health are intertwined.

Click the link above to see some great recipes that support mental health and brain development.

We are what we eat!

Upcoming Events:

Movie Mixer Series

May

Antwone Fisher, starring Denzel Washington

Registration information and other details are forthcoming



The Frontline would like to give a shoutout to the Dartmouth Women's Soccer team and Martha's Vineyard Public Schools. We commend you on your commitment as you begin your journey to become an ally in the fight to dismantle white supremacy. Your participation in A Long Talk About the Uncomfortable Truth is only the beginning. We look forward to continuing this conversation as we get to work on the task of putting an anti-racist at the dinner table in America. We salute you for your groundbreaking work on the frontlines of the War on Ignorance!

We stand with you as you stand with us!

Together we can!

Click the images to visit their websites.

Culture Corner



Talk is a short film written and directed by film maker Trivelle Simpson that does an amazing job of tackling the significance of



Davonte Sanders-Funches presents a Ted Talk on mental health within the Black community titled, "[The Grounding of Black Bodies.](#)" He does an outstanding job of using spoken word to bring attention



Tarana Burke, founder of the Me Too movement teams up with renowned vulnerability and shame resilience researcher, Brene Brown, to explore the depths of mental wellness,

[Click the image to learn more about this short film.](#)

[Click the image to see his Ted Talk.](#)

[through the lens of the Black experience.](#)
[Click the image to listen to their podcast.](#)

State of the Union

Current Events



Former NFL star Brandon Marshall opens up about mental illness and his own battle with Borderline Personality Disorder.



Trevor Noah of The Daily Show discusses mental health and therapy in the Black community.

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History Matters



Click the image to learn more about the history of mental illness in the Black community from 1700-2019.



Black contributions have gone largely unrecognized. Here are a few Black pioneers of mental health.

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