

Mental Health Conversations

click the links below to watch and engage in conversations

[Breaking the Mental Health Stigma for Black Women](#)

[Depression Shows Up Differently for Black Women](#)

[TED Talk: Mental Health Declining for Black Women](#)

[Black Women Health Panel: Mental Health](#)

[Therapy for Black Girls | Youtube Channel](#)

[Peace of Mind | Facebook App](#)

[Black Women Designing Change in Health & Wellness](#)

our mental health matters!

Things to search:

Functional Depression for Black Women

Heart Health for Black Women

“Strong Black Woman” Trope

Taraji P Henson Mental Health

