

#BlackStudentsTalk

# DEPRESSION AND LOW MOOD

**DEPRESSION IN BLACK STUDENTS LOOKS LIKE...**

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#BlackStudentsTalk

GENERATIONAL TRAUMA

PERFECTIONISM

LONELINESS

STEREOTYPES AND RACISM

GRIEF

STIGMA

FAMILY & PARENT SUPPORT

BLACK-SPECIFIC EXPERIENCES

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## DEPRESSION SURVIVAL GUIDE

Accept that your parents, friend, and family may never understand your depression

Talk about what's making you sad, depressed, or feel low

Ask yourself what's the worst that can happen if I am not perfect all the time?

Find your tribe at university

Not always #BlackExcellence, sometimes #BlackOkay, #BlackDepressed, #BlackMediocracy

Engage in positive self talk. The stereotypes are wrong.

There isn't one type of Black student - be yourself

Set healthy habits, rituals, and daily routines.

What you look like does not define your worth.

Taking medication for your mind is self love and self care

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## SUPPORTING A BLACK STUDENT WITH DEPRESSION

1. Work on making university mental health services and providers anti-racist.
2. Ask! "I am worried about you, what is life looking like for you right now? How can I help you?"
3. Invest in, and signpost students to Black-led and Black-focused wellbeing services.
4. Listen to Black students when we tell you we're struggling.
5. Read about racism, generational trauma, racial battle fatigue, and depression.
6. Reflect on your own biases and stigmas. Get personal therapy or journal to un-pack them.

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