

# MENTAL HEALTH & CREATIVE HEALING

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# KEY QUESTIONS.

1. How does historical adversity impact the mental health of people of colour?
2. What effect does the continued use of negative stereotypes and racism have on the mental health of people of colour living in the UK?
3. What percentage of people working in mental healthcare are of colour and have the authority to diagnose mental health conditions. How does this impact the diagnosis of people of colour?
4. How do we combat the stigma that exists in society regarding having a mental health condition?
5. Given that racism exists, is it acceptable to advise people of colour to disclose information about their mental health within the workplace?
6. How much of a role do financial pressures and/or family pressures and expectations play in student's academic experience and to their mental health within academia? How can current students or soon to be university students on arts degree work through these pressures?
7. How do you think higher education could support students of colour in particular with a decline in their mental health?
8. Given the taboo still attached to mental health, some students of colour still find it hard to speak to their own family and/or within their communities about this topic, how can we start to talk about this with our families?
9. Self-care and Self-love, are terms that have become excessively circulated buzzwords within our current social media circles and communities; could this lead to the message being diluted and/or just scratching the surface?
10. What are the positives and the negatives of this excessive circulation, especially for younger people who may be experiencing a condition that needs more than just 5 steps for self-care and self-love action plan?
11. What advice would you all give students that may be struggling with their mental health, as anxiety, panic attacks, depression, etc; all seem to be on the rise and more common amongst students in higher education?
12. Why and how are safe spaces and closed support groups so significant in helping people colour to work through their struggles with mental health?

# KEY DATA.

## Top 5 Presenting Mental Health Concerns within UAL.

- Anxiety disorders/symptoms: includes generalised anxiety disorder, social anxiety, panic disorder, OCD, phobias, post traumatic stress disorder.
- Mood disorders/symptoms: Low mood, depression, bipolar disorder, cyclothymia
- Isolation, adjustment, acculturation and transition issues.
- Stress: workload, financial, teaching/learning style,
- Relationships: peers, personal/family, break-up or lack of relationship.

## Professional Training for Mental Health Challenges

- Alarming statistics on the lack of training afforded to GP's and practice nurses in dealing with aspects of mental health
- Around one third of all GP appointments are mental health related. But less than half (46 per cent) of trainee GPs undertake a training placement in a mental health setting.
- Trainee GPs are faced with a narrow choice of training placements, and limited time and resources to complete them.
- 82 per cent of practice nurses feel ill-equipped to deal with aspects of mental health for which they're responsible.
- 42 per cent of practice nurses have had no mental health training at all.
- "It's vital that all GPs and practice nurses receive relevant, sufficient and ongoing mental health training, so they have the knowledge and confidence to provide quality mental health support."

*Source: [mind.org.uk](http://mind.org.uk)*

# A CASE STUDY FOR MENTAL HEALTH.

Malachi is a queer student of African British origin. For his final project, he wanted to make artistic work about his identity, being queer and how those intersections impact his mental health. Malachi's teacher is a white heterosexual cis male he has suggested to Malachi that he choose a different subject to research that offers more 'scope' for investigation. Malachi believes that this is because his tutor does not know much about the subject area and wants Malachi to choose a subject that he is more familiar with.

This has left Malachi with a dilemma should he continue to make the work and complain about the fact that his teacher is putting pressure on him to change or should he change his proposal to a subject area that his tutor is more familiar with. After all, Malachi's teacher will be part of the assessment process and Malachi does not wish to offend him.

According to the Stonewall Gay and Bisexual Men's Health Survey to probe the mental health of the LGBTI community. Black gay and bisexual men are five times more likely to attempt suicide than their white peers and twice as likely to suffer from depression.

*[www.stonewall.org.uk/sites/default/files/Gay\\_and\\_Bisexual\\_Men\\_s\\_Health\\_Survey\\_2013\\_.pdf](https://www.stonewall.org.uk/sites/default/files/Gay_and_Bisexual_Men_s_Health_Survey_2013_.pdf)*  
*[https://www.stonewall.org.uk/sites/default/files/Gay\\_and\\_Bisexual\\_Men\\_s\\_Health\\_Survey\\_2013\\_.pdf](https://www.stonewall.org.uk/sites/default/files/Gay_and_Bisexual_Men_s_Health_Survey_2013_.pdf)*

## A student perspective:

I just felt so unsupported I know I was seeing the University counsellor that took forever to come through and I was only seeing her every so often. I wanted to make work about depression, being black and queer, but it was awkward discussing this with my tutor because he didn't have a clue. Finding out about the degree attainment gap I'm in my final year and knowing that I'm less likely to receive a first or 2:1 for my work because I am black has stressed me out. This and my tutor not seeing eye to eye is giving me a pressure that I don't need. On top of all this I found out that Black men are 17 times more likely to be diagnosed with a Psychotic illness than their white counterparts.

# KEY TERMS.

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Ally	A person of one social identity group who stands up in support of members of another group; typically a member of a dominant group standing beside member(s) of a group being discriminated against or treated unjustly.
Anxiety	Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe.
Anxiety Disorders	Anxiety disorders range from feelings of uneasiness to immobilizing bouts of terror. Most people experience anxiety at some point in their lives and some nervousness in anticipation of a real situation. However if a person cannot shake unwarranted worries, or if the feelings are jarring to the point of avoiding everyday activities, he or she most likely has an anxiety disorder. Anxiety can be associated with depression.
AFAB	Assigned female at birth
AMAB	Assigned male at birth
Apathy	Lack of feeling, emotion, interest, or concern.
Binary	The classification of sex and gender into two distinct, opposite and disconnected forms of masculine and feminine.
Bipolar Disorder	Extreme mood swings with recurrent episodes of depression and mania (being high or up) punctuated by periods of generally even-keeled behavior characterize this disorder. Bipolar disorder tends to run in families. This disorder typically begins in the mid-twenties and continues throughout life. Without treatment, people who have bipolar disorder often go through devastating life events such as marital breakups, job loss, substance abuse, and suicide.
Black	A member of a dark-skinned people, especially one of African, Australian and Caribbean Aboriginal ancestry. A term used in certain countries, often in socially based systems of racial classification or of ethnicity.
Black Feminism	The belief that sexism, class oppression, gender identity and racism are impossible to separate. These concepts relate to each other through intersectionality

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Body politics	The term refers to the practices and policies through which powers of society regulate the human body, as well as the struggle over the degree of individual and social control of the body. The powers at play in body politics include institutional power expressed in government and laws, disciplinary power exacted in economic production, discretionary power exercised in consumption, and personal power negotiated in intimate relations
Burnout	Over-exhaustion resulting from prolonged stress, overworking, or intense activity.
Cognitive Therapy	Cognitive therapy aims to identify and correct distorted thinking patterns that can lead to feelings and behaviours that may be troublesome, self-defeating, or even self-destructive. The goal is to replace such thinking with a more balanced view that, in turn, leads to more fulfilling and productive behaviour.
Chronic Disease	A long term condition that a patient has to live with, which may often fluctuate and for which there is usually no cure.
Cisgender	A person who identifies with the gender that was assigned for them at birth
Colourism	Unlike racism which only white people can be the perpetrators, people of colour can aide colourism in their communities by favouring lighter skinned black and brown skin tones. This is a trickle down effect of white racism. Also known as Shadism.
Dementia	Significant loss of intellectual abilities such as memory capacity, severe enough to interfere with social or occupational functioning.
Depression	Depression is a mood disorder characterized by intense feelings of sadness that persist beyond a few weeks. It is associated with many physical symptoms such as disturbance of sleep, appetite, and concentration. Depressed people often feel tired, guilty and can find normal life extremely difficult. Depression can be associated with anxiety.
Desi	A Person of the Indian subcontinent or South Asian diaspora. Desi countries include; Bangladesh, India, Maldives, Pakistan, Nepal and Sri Lanka.
Diaspora	Scattered population whose origin lies within a smaller geographic locale. Diaspora can also refer to the movement of the population from its original homeland.

Dysphoria	Also known as Gender Dysphoria, is an experience of discomfort or disconnect with one's assigned gender, often accompanied by a strong desire to change one's sex to better match their identity or to be called the correct gendered language.
Dyslexia	Dyslexia is a common learning difficulty that can cause problems with reading, writing and spelling.
East-Asian	in general terms, consists of China, Hong Kong, Macao, Taiwan, Japan, South Korea and North Korea; sometimes, Mongolia and Vietnam are included in the definition.
Early Intervention	A process used to recognize warning signs for mental health problems and to take early action against factors that put individuals at risk. Early intervention can help people get better in less time and can prevent problems from becoming worse.
Empowerment	Giving people the skills, knowledge attitudes and power to allow or enable them to be more responsible for their own lives, health and care.
Female genital mutilation (FGM)	Female genital mutilation (sometimes referred to as female circumcision) refers to procedures that intentionally alter or cause injury to the female genital organs for nonmedical Reasons
Femininity	A set of behaviours, presentations and roles which are culturally associated with being a woman and/or possessing female sex characteristics. People of any gender identity or sexual orientation can be feminine, but those who are assigned female at birth often experience societal pressure to be so.
Femme	Femme is a feminine gender role which is sometimes used as a gender identity. The term femme originated in communities of lesbian and bi women. This term has been increasingly adopted by trans women and others in the transgender community. Those who identify as femme may have the gender identity of woman and have a strongly feminine gender expression, or they may use femme as a non-binary gender identity aligned with femininity.

GAD	Generalised Anxiety Disorder (GAD), is a long-term condition that causes one to feel anxious about a wide range of situations and issues, rather than one specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed. As soon as one anxious thought is resolved, another may appear about a different issue. GAD can cause both psychological (mental) and physical symptoms.
General Practitioners	Doctors who are specially trained to work in a community setting, seeing any patients for any problems they have. They often work in a group, sharing resources. Access is usually available to any person who requests a consultation. Most health problems are dealt with solely by GPs and their staff, although they can refer on to specialist services.
Gender	Gender is an expression of the reenactment of certain roles. It may differ from time to time.
Gender Expression	Refers to the way that a person uses appearance, mannerisms and other personal traits to communicate their gender. Gender expression can be any or a combination of masculine, feminine and androgynous traits.
Gender Fluid	A gender identity which refers to a gender which varies over time. A gender fluid person may at any time identify as male, female, neutrois, or any other non-binary identity, or some combination of identities.
Gender Queer	Gender queer is an umbrella term with a similar meaning to non-binary. It can be used to describe any gender identities other than man and woman, thus outside of the gender binary.
Heteronormative	The belief that people can only fall into distinct and complementary genders (man and woman) with fixed traditional gender roles. It assumes that heterosexuality is the only sexual orientation or the only norm.
Homophobia	Prejudice against the queer community
Insomnia	Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep.
(Primary) Insomnia	Primary insomnia refers to difficulties in sleeping, that are not directly associated with any other health condition or problem.
(Secondary Insomnia)	Secondary insomnia refers to difficulties in sleeping as a result of another issue, such as a health conditions like depression or anxiety. It could also be a result of medication being taken, or substances being used.



<b>Intersectional Feminism</b>	A perspective within feminism that doesn't exclude people from the movement based on their Gender, Race and Class.
<b>Intersectionality</b>	A term coined by Kimberlé Crenshaw which examines how social identities are used as a way to discriminate against marginalised groups who experience multiple forms of oppression simultaneously. Specifically women of colour who suffer from both gender and racial discrimination.
<b>Intersex</b>	An intersex person has sex characteristics e.g. sexual anatomy, reproductive organs, and/or chromosome patterns that do not fit the typical definition of male or female. This may be apparent at birth or become so later in life.
<b>Mania</b>	A symptom of bipolar disorder characterized by exaggerated excitement, physical over activity, and profuse and rapidly changing ideas (scattered or tangential thoughts). A person in a manic state feels an emotional high and generally follows their impulses.
<b>Marginalise</b>	To relegate to the fringes, out of the mainstream; make seem unimportant: to place in a position of marginal importance, influence, or power.
<b>Masculinity</b>	A set of behaviours, presentations and roles which are culturally associated with being a man and/or possessing male sex characteristics. People of any gender identity or sexual orientation can be masculine, but those who are assigned male at birth often experience societal pressure to be so.
<b>Matriarchy</b>	A social system in which females hold primary power, predominate in roles of political leadership, moral authority, social privilege and control of property at the specific exclusion of men, at least to a large degree. An example of a matriarchal society is Moja village in Northern Kenya founded by Rebecca Lolosoli.
<b>Mental Health</b>	A state of emotional well-being in which an individual is able to use his or her thinking and feeling abilities, live with others, and meet the ordinary demands of everyday life.
<b>Mental Illness</b>	A state where the persons mental health is disrupted so that their thinking, emotions or behaviour are affected to an extent that it has an effect on their daily life. It does not necessarily mean that they have a diagnosable psychiatric disorder or need any form of medical treatment.

Mental Well-being	A good or satisfactory condition of thinking, feeling and living; a state characterized by health, happiness, and prosperity. It is a broader term than mental health and includes the wider aspects of a persons life, not just how they feel.
Mood	A pervasive and sustained emotion that colors the perception of the world.
Misogynoir	A term referring to misogyny directed towards Black women, where race and gender both play roles in bias.
Non-Binary	Non-binary gender describes any gender identity which does not fit within the binary of male and female.
Oppression	When a person or a group of people are subjected to unfair treatment by those in position of power.
Panic Attack	A panic attack is a sudden surge of overwhelming anxiety and fear. It's symptoms are the rapid build-up of overwhelming physical sensations, such as a pounding heartbeat, feeling faint, sweating, nausea, chest pains, shortness of breathe or shaky limbs.
Panic Disorders	People with panic disorder experience heart-pounding terror that strikes suddenly and without warning. Since they cannot predict when a panic attack will seize them, many people live in persistent worry that another one could overcome them at any moment.
Paranoia and Paranoid Disorders	Symptoms of paranoia include feelings of persecution and an exaggerated sense of self-importance. The disorder is present in many mental health problems and it is rare as an isolated mental illness. A person with paranoia can usually work and function in everyday life since the delusions involve only one area. However, their lives can be isolated and limited.
Patriarchy	"A social system in which Males hold primary power, predominate in roles of political leadership, moral authority, social privilege and control of property at the specific exclusion of men, at least to a large degree."
Phobias	Phobias are irrational fears that lead people to altogether avoid specific things or situations that trigger intense anxiety. Phobias occur in several forms, for example, agoraphobia is the fear of being in any situation that might trigger a panic attack and from which escape might be difficult; social phobia is a fear of being extremely embarrassed in front of other people.

Pink Washing	A concept that describes when conservative and capitalist institutions or political campaigns promote LGBT friendliness in order to seem progressive with the aim of making profit.
POC	Person/People of colour
Prejudice	Hatred towards someone based on their identity. Example: An oppressed person of colour can be prejudiced against privileged races but cannot be racist.
Privilege	A special right, advantage, or immunity granted or available only to a particular person or group.
Pronouns	A word that can function as a noun phrase used by itself and that refers either to the participants in the discourse. People with various gender identities choose pronouns they feel comfortable with; some people may have more than one pronoun.
QTIPOC	Queer, Trans and Intersex People of Colour
Queer	An umbrella term for sexual and gender minorities that are not heterosexual and/or cisgender
Queer Phobia	Similar to Homophobia, describes a fear or hatred of queer folk (any one who is not heterosexual)
Racism Radical	The belief that all members of each race possess characteristics, abilities, or qualities specific to that race, especially so as to distinguish it as inferior or superior to another race or races. The term suggests the demand for basic redefinitions of all facets of society.
Radical feminism	Radical feminism suggests that the answer to social problems can be a complete restructuring of how society defines human experience. In a contemporary sense radical feminist views are known to be transmisogynist because of their biological essentialist views.
Representation	Refers to equality in opportunity and visibility. For example, representative media is media that is reflective of the variety of races, cultures, genders or religions that its entire readership belongs to.

<b>Recovery</b>	This may not mean cure, but does include not only a significant reduction in symptoms but also an improvement in the ability of the individual to lead a normal life including work, home life and leisure. Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential.
<b>Secondary Care</b>	Specialist health services which are usually hospital based and serve a wide area, such as a County or a large city. Apart from accident and emergency services, they are usually accessed through a referral from a primary care professional.
<b>Self-care</b>	Self-care simply means "taking care of yourself", it the therapeutic and healing actions that an individual may make in order to maintain a healthy mind and body, ultimately preventing illness. It can also refer to the practice of relaxing, unwinding and alleviating stress for yourself. It is a flexible term that can mean something different to every individual.
<b>Self Defining women</b>	A person who identifies as a woman, regardless of what gender was assigned for them at birth
<b>Sex</b>	Denotation of human females and males depending on biological features (chromosomes, sex organs, hormones and other physical features)
<b>Sexual Orientations</b>	A person's sexual identity in relation to the gender to which they are attracted
<b>Sexuality</b>	Refers to a person's sexual orientation/preferences in terms of sexual activities
<b>Specialist</b>	Someone who sees, assesses and treats a specific type of problem, usually having been asked to see a person by a generalist such as a GP. Examples would include Cardiologists (hearts), Paediatrician (children), Psychiatrist (mental health problems).
<b>Stigma</b>	Stigma is discrimination, based upon societies fear and ignorance about an illness or a problem. It causes peoples to be marginalized and mistreated, and therefore leads to social isolation, health inequalities and many forms of discrimination. It is derived from the term used to describe the marks burnt onto Roman slaves.
<b>Stress</b>	A state of mental or emotional strain or tension, resulting from adverse or demanding circumstances.

Therapy	Treatment intended to relieve or heal a disorder.
Trans Feminine	A term used to describe transgender people who were assigned male at birth, but identify with femininity to a greater extent than with masculinity.
Trans Man	Trans man is a term which describes someone who is both a man and transgender/transsexual. Trans men were assigned female at birth, but their gender identity is male. They also may be referred to as transmasculine. Trans men can have any sexual orientation.
Trans Masculine	A term used to describe transgender people who were assigned male at birth, but identify with masculinity to a greater extent than with femininity.
Trans Sexual	The term transsexual predates the term transgender, but has become less popular as it may imply that sex characteristics are more important than gender identity.
Trans Woman	A term which describes someone who is both a woman and transgender/transsexual. Trans women were assigned male at birth but their gender identity is female. They may also be referred to as transfeminine. Trans women can have any sexual orientation.
Transgender	The term transgender is an umbrella term for anyone whose internal experience of gender does not match the gender they were assigned at birth.
Transphobia	Prejudice and/or fear towards the Trans folk
Transmisogyny	A term referring to misogyny directed towards trans women.
Trauma	Emotional and psychological trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless, or completely overwhelmed. Traumatic experiences often involve a threat to life or safety, but any situation that leaves one feeling overwhelmed and isolated can be traumatic. It's not the objective facts that determine whether an event is traumatic, but ones subjective emotional response to the situation.
White Feminism	A type of feminism that ignores the fight for equality of anyone who doesn't identify as white, cisgender and heterosexual

<b>White Supremacy</b>	White supremacy is an ideology centered upon the promotion of the belief, that white people are superior. It is argued by critical race theorist that all white people have a level of white supremacy values because of the media, education and politics have embedded whiteness as superior in society.
<b>White Washing</b>	A term used to describe white actors or actress playing non-fictional and historical non-white character roles. Therefore writing and disconnecting historical events and achievements to the non-white community.
<b>WoC</b>	Women of Colour
<b>Womanism</b>	Because mainstream feminism goals and ideologies differed to that of the needs of Black women, Alice Walker coined the term womanism where Black Women were at the center of the ideology without the need to racialise how gender plays an important role in the life of Black Women.
<b>Xenophobia</b>	Fear and hatred of strangers or foreigners or of anything that is strange or foreign.

## Additional Sources

The Wales Mental Health in Primary Care Network (WaMH in PC) was established in 2003 to help promote and improve primary mental health care across Wales.

[www.wamhinpc.org.uk/glossary-of-mental-health-terms](http://www.wamhinpc.org.uk/glossary-of-mental-health-terms)

NHS UK: [www.nhs.uk/pages/home.aspx](http://www.nhs.uk/pages/home.aspx)

# DEPRESSION.

## What is depression?

Depression is a low mood that lasts for a long time, and affects your everyday life. In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal or simply give up the will to live.

## When does low mood become depression?

We all have times when our mood is low, and we're feeling sad or miserable about life. Usually these feelings pass in due course. But if the feelings are interfering with your life and don't go away after a couple of weeks, or if they come back over and over again for a few days at a time, it could be a sign that you're experiencing depression.

If you are given a diagnosis of depression, you might be told that you have mild, moderate or severe depression. This describes what sort of impact your symptoms are having on you currently, and what sort of treatment you're likely to be offered. You might move between different mild, moderate and severe depression during one episode of depression or across different episodes.

Experiencing depression can make it hard to find the energy to look after yourself. But taking an active role in your treatment, and taking steps to help yourself cope with your experiences, can make a big difference to how you feel. Here are some things you can try:

## Looking after yourself:

- Get good sleep. For lots of people who experience depression, sleeping too little or too much can be a daily problem. Getting good sleep can help to improve your mood and increase your energy levels.
- Eat well. Eating a balanced and nutritious diet can help you feel well, think clearly and increase your energy levels.
- Keep active. Many people find exercise a challenge but gentle activities like yoga, swimming or walking can be a big boost to your mood.

- Look after your hygiene. When you're experiencing depression, it's easy for hygiene to not feel like a priority. But small things, like taking a shower and getting fully dressed whether or not you're going out of the house, can make a big difference to how you feel.
- Avoid drugs and alcohol. While you might want to use drugs or alcohol to cope with any difficult feelings, in the long run they can make you feel a lot worse.

### Practise self-care:

- Work out what makes you happy. Try making a list of activities, people and places that make you happy or feel good. Then make a list of what you do every day. It probably won't be possible to include all the things that make you happy but try to find ways to bring those things into your daily routine.
- Treat yourself. When you're feeling down, it can be hard to feel good about yourself. Try to do at least one positive thing for yourself every day. This could be taking the time for a long bath, spending time with a pet or reading your favourite book. See our relaxation tips for some ideas of things to do.
- Create a resilience toolkit. This could be a list of activities you know improve your mood, or you could fill an actual box with things to do to cheer yourself up. Try including your favourite book or film, a notebook and pen to write down your thoughts or notes of encouragement to yourself. It might feel difficult or a bit silly to put it all together but it can be a really useful tool if you're feeling too low to come up with ideas later on.
- Be kind to yourself. None of us achieve all our goals. Don't beat yourself up if you don't do something you planned to, or find yourself feeling worse again. Try to treat yourself as you would treat a friend, and be kind to yourself.

### Keep active:

- Join a group. This could be anything from a community project or a sports team to a hobby group. The important thing is to find an activity you enjoy, or perhaps something you've always wanted to try, to help you feel motivated.
- Try new things. Trying something new, like starting a new hobby, learning something new or even trying new food, can help boost your mood and break unhelpful patterns of thinking and behaviour.
- Try volunteering. Volunteering (or just offering to help someone out) can make you feel better about yourself and less alone.
- Set realistic goals. Try to set yourself achievable goals, like getting dressed every day or cooking yourself a meal. Achieving your goals can help you feel good and boost your self-confidence, and help you move on to bigger ones.



## Challenge your low mood:

- Keep a mood diary. This can help you keep track of any changes in your mood, and you might find that you have more good days than you think. It can also help you notice if any activities, places or people make you feel better or worse.
- Challenge your thinking. Students Against Depression have lots of information and activity sheets to try to help you challenge negative thinking.
- Try self-help. If your depression is mild, you might find free online cognitive behavioural therapy (CBT) courses like MoodGYM can help you tackle some of your negative thinking and avoid your depression growing worse.
- Contact a helpline. If you're struggling with difficult feelings, and you can't talk to someone you know, there are many helplines you can contact. These are not professional counselling services but the people you speak to are trained to listen and could help you feel more able to cope with your low mood.

## Connect with other people:

- Keep in touch. If you don't feel up to seeing people in person, or talking, send a text or email to keep in touch with friends and family.
- Keep talking. It might feel hard to start talking to your friends and family about what you're feeling, but many people find that just sharing their experiences can help them feel better.
- Join a peer support group. Going to a peer support group is a great way to share tips and meet other people who are going through similar things.
- Use online support. Online support can be a useful way to build a support network when you cannot, or don't feel able to, do things in person. Online forums like Elefriends and Big White Wall are specifically for anyone struggling with their mental health.

More information and resources can be found via the source: [mind.org.uk](http://mind.org.uk).

# ANXIETY.

## What is anxiety?

Anxiety is a word we use to describe feelings of unease, worry and fear. It incorporates both the emotions and the physical sensations we might experience when we are worried or nervous about something. Although we usually find it unpleasant, anxiety is related to the 'fight or flight' response – our normal biological reaction to feeling threatened. We all know what it's like to feel anxious from time to time. It's common to feel tense, nervous and perhaps fearful at the thought of a stressful event or decision you're facing – especially if it could have a big impact on your life.

For example:

- sitting an exam
- going into hospital
- attending an interview
- starting a new job
- moving away from home
- having a baby
- being diagnosed with an illness
- deciding to get married or divorced

In situations like these it's understandable to have worries about how you will perform, or what the outcome will be. For a short time you might even find it hard to sleep, eat or concentrate. Then usually, after a short while or when the situation has passed, the feelings of worry stop.

## When does anxiety become a mental health problem?

Because anxiety is a normal human experience, it's sometimes hard to know when it's becoming a problem for you – but if your feelings of anxiety are very strong, or last for a long time, it can be overwhelming.

For example:

- You might find that you're worrying all the time, perhaps about things that are a regular part of everyday life, or about things that aren't likely to happen – or even worrying about worrying.
- You might regularly experience unpleasant physical and psychological effects of anxiety, and maybe panic attacks.
- Depending on the kind of problems you experience, you might be given a diagnosis of a specific anxiety disorder.

More information and resources can be found via [mind.org.uk](http://mind.org.uk). For example, further covering the symptoms of anxiety, explaining panic attacks and the different types of anxiety disorders one may experience.

# FURTHER RESOURCES.

## Books.

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## ESSAYS & JOURNALS

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Burrell, T, (2010), *Brainwashed: Challenging the Myth of Black Inferiority*

Carr, S (2014) *Social Care for Marginalised Communities: Balancing self-organisation, micro-provision and mainstream support*. Health Services Management Centre, University of Birmingham, Birmingham, UK.

Crenshaw, K., 1991. *Mapping the margins: Intersectionality, identity politics, and violence against women of color*. *Stanford law review*, pp.1241-1299

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Williams, D, R, Y An Yu, & . Jackson J, S (1997) Racial Differences in Physical and Mental Health: Socio-economic Status, Stress and Discrimination.

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Griffin, R.A., 2012. I AM an angry Black woman: Black feminist autoethnography, voice, and resistance. *Women's Studies in Communication*, 35(2), pp.138-157

Lamb, J (2011) Access to mental health in primary care: A qualitative meta-synthesis of evidence from the experience of people from 'hard to reach' groups.

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## PODCASTS

### Black Girl in Om. (Soundcloud, Itunes)

"Welcome to your go to conversation on all things wellness, self-care and self-love for women on colour, hosted by Black Girl in Om founder Lauren Ash and Art Director Deun Ivory. This show uplifts, affirms and informs and features a refreshing line-up of guests - including Yogis, holistic lifestylists, clean beauty experts, and a plethora of other movers, shakers and innovators within the wellness and beauty industries. This buzzworthy show speak directly from women of colour and strives to inspire women around the world."

### Hey Girl, By Alex Elle. (Soundcloud, Itunes)

"hey, girl. is a podcast that unites the voices of phenomenal women near and far. Created with sisterhood and storytelling in mind, author Alex Elle sits down with people who inspire her. From friends to family members and strangers, the hey, girl. guests give us a peek into their stories through candid and intimate conversations."

A Different Perspective by Dr. Amber Thornton (Soundcloud, Itunes, Google Play)  
Dr. Amber Thornton is a clinical psychologist, womanist and writer. She provides "A Different Perspective" for topics related to POC mental health and wellness, psychology, activism, social justice, racial identity, womanism, diversity, multiculturalism, and more.

## The Courage Makers Podcast

"Couragemakers is a weekly podcast for creative and passionate, mission-driven doers, makers and world-shakers designed to inspire and encourage fellow couragemakers, and spark a movement of women who are choosing themselves. Building the life you want and putting stuff in the world takes a boatload of courage, but you don't have to do it alone. Every Monday, unconventional couragemakers all over the world share their stories, their advice and their dreams as we have honest conversations about everyday courage, living a wholehearted life and dream chasing. We've figured out what we don't want in life, now we're figuring out what we do want. And we talk about the things that make us feel on fire as well as the monsters that hide under our beds."

## Good Life Project

"Inspirational, unfiltered conversations and stories about finding meaning, happiness, purpose, inspiration, creativity, motivation, spirituality, love, confidence and success in life. From iconic world-shakers like Elizabeth Gilbert, Brene Brown, Sir Ken Robinson, Seth Godin and Gretchen Rubin to everyday people, every story matters."

## Meditation Oasis

Meditations to help you to relax deeply, be more present and flow more easily with life. We offer a variety of guided meditations with and without music, as well as instructions for meditations you can do on your own. We wish you a peaceful mind and open heart.

## Wellbeing Podcasts by The Mental Health Foundations

Relevant topics: 'Mental Health in Students', 'Traumatic Events, How Far Do The Effects Spread', 'Depression: Are The Right People Being Treated?' As well as mindfulness and stress relieving exercises.

## Twitter users to follow.

@MarvinsCorridor  
@Ubuntugraphy  
@BGUnscripted  
@UALAlumni\_India  
@WOWtweetUK  
@NKrystal  
@refugeejourno  
@tweetskindeep  
@UnmaskedWomen  
@JJ\_Bola  
@\_AlexElle  
@NKrystal  
@Kei-Maye

@KayDavisArtist  
@blackwomenfirst  
@HeidiMirza  
@CreativeATX  
@UALACS  
@MMentalHealth  
@SheSpeaksWeHear  
@BLACKWOMENS  
@GotToBeReel  
@Flicks\_Thoughts  
@DrAmberThornton  
@Clue  
@DontJustStareUK

## Youtubers users to follow.

/ShamelessMaya

/ShopeDelano

/TheGrapevine

/MsAllyTaylor

/MentalHealthChannel1

/MindWebteam

/ttonow2008



# HELPFUL ORGANISATIONS.

## Cool Tan Arts - [www.cooltanarts.org.uk](http://www.cooltanarts.org.uk)

"CoolTan Arts is an award winning arts in mental health charity run by and for adults with experience of mental health conditions. We believe that mental wellbeing is enhanced by the power of creativity. There's something for everyone at CoolTan. We run a vibrant community arts centre in Walworth Road, Southwark, South London. We provide a friendly, safe and supportive space, offering creative workshops, self-advocacy, art projects, stigma-busting cultural walks, a public art gallery, and an inclusive volunteering and training programme."

## Mental Health Foundation - [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

"Our vision is for a world with good mental health for all. Our mission is to help people to thrive through understanding, protecting and sustaining their mental health. The Mental Health Foundation is the UK's charity for everyone's mental health. With prevention at the heart of what we do, we aim to find and address the sources of mental health problems."

We must make the same progress for the health of our minds that we have achieved for the health of our bodies. And when we do, we will look back and think that this was our time's greatest contribution to human flourishing."

## Mind - [www.mind.org.uk](http://www.mind.org.uk)

"We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect."

## Oya Retreats - [www.oyaretreats.com](http://www.oyaretreats.com)

"OYA Retreats offer women of the African diaspora and women of colour an opportunity to immerse themselves in self-care and self-practice. We honour the intersections of our identities both on the yoga mat and off. Our team is dedicated to providing a sacred space in which all body types have the freedom to experience a fulfilling practice in movement and in stillness."

## Recovr - [www.recovr.co.uk](http://www.recovr.co.uk)

"We're here to help young black adults find black therapists and counsellors who relate to their experiences."

## Rest for Resistance - [www.restforresistance.com](http://www.restforresistance.com)

"Rest for Resistance strives to uplift marginalized communities, those who rarely get access to adequate healthcare or social support. This includes Black, Indigenous, Latinx, Pacific Islander, Asian, Middle Eastern, and multiracial persons. We also seek to create healing space for LGBTQIA + individuals, namely trans & queer people of color, as well as other stigmatized groups such as sex workers, immigrants, persons with physical and/or mental disabilities, and those living at the intersections of all of the above."

## Stress Management Society - [www.stress.org.uk](http://www.stress.org.uk)

"The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. Since our inception in 2003, our dream has been to create a happier, healthier, more resilient and sustainable world."

## The British Association for counselling & therapy - [www.bacp.co.uk](http://www.bacp.co.uk)

"The British Association for Counselling & Psychotherapy (BACP) is a professional body and a registered charity that sets standards for therapeutic practice and provides information for therapists, clients of therapy, and the public."

## The Nightingale Hospital - [www.nightingalehospital.co.uk/about-us](http://www.nightingalehospital.co.uk/about-us)

"We're a team of professionals committed to helping people with mental health or emotional problems, eating disorders and addictions. The leading private mental health provider in central London with over 25 years' experience in mental health."

## Unmasked Women - [www.un-masked.com](http://www.un-masked.com)

"Unmasked Women is an exhibition channeling the Black British female experience through creatives. The first theme is health and well-being including an in-depth exploration of our Mental Health."

## Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)

"YoungMinds is the UK's leading charity championing the wellbeing and mental health of young people."

## Don't Just Stare - [dontjuststare.com](http://dontjuststare.com)

"Don't Just Stare' is the UK'S new Mental Health platform promoting positive Wellbeing through creativity. Now is the time to beat Mental Health Stigma. DON'T JUST STARE explores the connection between Mental Health & The Arts through a series of events & workshops.'

# CONTACTS, SERVICES & SUPPORT GROUPS.

## UAL Counselling Service

020 7514 6251

[counselling@arts.ac.uk](mailto:counselling@arts.ac.uk)

[Studenthealth@arts.ac.uk](mailto:Studenthealth@arts.ac.uk)

## IESO Digital-Health

[uk.iesohealth.com](http://uk.iesohealth.com)

[info@iesohealth.com](mailto:info@iesohealth.com)

01954 230066

## Asian Family Counselling Service

Individual, couple and relationship counselling for all members of the South Asian communities above the age of 16. Also see couples where one partner is Asian.

[www.asianfamilycounselling.org/](http://www.asianfamilycounselling.org/)

Tel: 020 8813 9714 Birmingham office 0121 454 1130 Mon-Fri 9am-5pm

Email: [afcs@btconnect.com](mailto:afcs@btconnect.com)

## Asian People's Disability Alliance

Day Care and Development Centre, Alric Avenue off Bruce Road, London NW10 8RA  
Information, advice, advocacy and respite day care services to Asian people with disabilities.

[www.apda.org.uk](http://www.apda.org.uk)

Tel: 020 8459 1030

Email: [info@apda.org.uk](mailto:info@apda.org.uk)

## Asian Women's Resource Centre

Runs a UK-wide multi-lingual advice line in six languages for black, minority, ethnic and refugee women and children. Tackles issues relating to abuse, including domestic and sexual violence, forced marriages, honour based violence and trafficking, and the many interrelated issues such as homelessness, welfare benefits, child contact and immigration.

[www.asianwomenscentre.org.uk](http://www.asianwomenscentre.org.uk)

Tel: 020 8961 6549

Email: [info@asianwomenscentre.org.uk](mailto:info@asianwomenscentre.org.uk)

## Bawso

Provides specialist services for BME communities in Wales, including those suffering from domestic abuse and all forms of violence; including female genital mutilation, forced marriage, honour based violence and human trafficking.

*www.bawso.org.uk*

*Tel: 24 hour helpline 0800 7318147*

*Email: info@bawso.org.uk*

## Black and Asian Therapists Network

UK's largest independent organisation to specialise in working with Black and Asian clients. Promotes high quality therapy for Black and Asian people, actively supports new therapists into the profession and develops partnerships with institutions and individuals who want to develop their skills with this client group in therapy, supervision and training. Also has online directory of Black and Asian therapists across the UK.

*www.baatn.org.uk*

*Email: eugene@baatn.org.uk*

## Chinese Information and Advice Centre

*www.ciac.co.uk*

*Tel: Advice Helpline 0845 313 1868 Mon-Fri 10am-6pm*

*Email: info@ciac.co.uk*

## Chinese Mental Health Association

The Chinese Mental Health Association (CMHA) is actively involved in providing direct services, increasing mental health awareness, representing the wide spectrum of Chinese mental health issues in public forums and raising its profile in the overall Chinese community.

*www.cmha.org.uk*

*Tel: 020 7613 1008*

*Email: info@cmha.org.uk*

## Jewish Women's Aid

Help and information for women experiencing any form of domestic violence and abuse.

*www.jwa.org.uk*

*Tel: Helpline 0808 801 0500 Mon-Thu 9.30am-9.30pm*

## Karma Nirvana

Charity that supports victims and survivors of forced marriages and honour-based crimes, and provides information and training for professionals in need of guidance.

[www.karmanirvana.org.uk](http://www.karmanirvana.org.uk)

*Tel: Honour Network Helpline 0800 599 9247*

## Lambeth Collaborative

We are a group of commissioners, providers of health and social care services and service users and carers. We provide these services for, to and with people when they have a diagnosis of severe mental illness. We comprise organisations from statutory [GP/primary, community and secondary NHS and local authority] and voluntary sectors. We recognise that we are a small but representative sample brought together by the Commissioners to develop a radically new service offer.

[lambethcollaborative.org.uk/about-the-collaborative](http://lambethcollaborative.org.uk/about-the-collaborative)

## Muslim Community Helpline

Confidential, non-judgemental listening and emotional support service for women, men, youth and children.

[www.muslimcommunityhelpline.org.uk](http://www.muslimcommunityhelpline.org.uk)

*Tel: 020 8904 8193 or 020 8908 6715 Mon-Fri 10am-1pm*

*Email: [ess4m@btinternet.com](mailto:ess4m@btinternet.com)*

## Muslim Youth Helpline (MYH)

Provides a free and confidential service run by young Muslims trained in Islamic counselling skills. Also offers live web chat service.

[www.myh.org.uk](http://www.myh.org.uk)

*Tel: Helpline 0808 808 2008 Mon-Fri 6pm-12am, Sat & Sun 12pm-12am*

*Email: [help@myh.org.uk](mailto:help@myh.org.uk)*

## Nafsiyat Intercultural Therapy Centre

Offers high quality community based intercultural psychotherapy in London

[www.nafsiyat.org.uk](http://www.nafsiyat.org.uk)

*Tel: 020 7263 6947 Mon 9.30am-8.00pm, Tue-Thu 9.30am-5.30pm*

*Email: [admin@nafsiyat.org.uk](mailto:admin@nafsiyat.org.uk)*

## Refugee Council

Provides free advice for asylum seekers and refugees.

[www.refugeecouncil.org.uk](http://www.refugeecouncil.org.uk)

*Tel: General enquiries 020 7346 6700*

## Southall Black Sisters

Advice, advocacy and resource centre providing a comprehensive service to women experiencing violence and abuse and other forms of inequality, focused on the needs of black and minority women.

*[www.southallblacksisters.org.uk](http://www.southallblacksisters.org.uk)*

*Tel: Helpline 020 8571 0800 Mon, Wed, Fri 9.30am-4.30pm (closed 12.30pm-1.30pm)*

## South London Family Centre

Serves people from multi-ethnic and culturally diverse background, providing a range of mediation and counselling services for men, women and children, to support and strengthen family life.

*[www.southlondonfamilycentre.org.uk](http://www.southlondonfamilycentre.org.uk)*

*Tel: 0208 671 5843 Mon-Fri 10am-5pm*

*Email: [southlondonfamily@yahoo.co.uk](mailto:southlondonfamily@yahoo.co.uk)*

## Students Against Depression

Students Against Depression is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking. Alongside clinically-validated information and resources it presents the experiences, strategies and advice of students themselves.

*[www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)*

## The Maya Centre

Provides long term counselling and psychological support to vulnerable women, who have experienced severe trauma through domestic violence, abuse in childhood or overseas in war and conflict, or who are living with FGM.

*[www.mayacentre.org.uk](http://www.mayacentre.org.uk)*

*Tel: Referral line 020 7272 0995; General enquiries 020 7281 8970*

*Email: [admin@mayacentre.org.uk](mailto:admin@mayacentre.org.uk)*

# UPCOMING EVENTS.

## Anna Sui In Conversation

LCF, 20 John Princes Street, W1B 0BJ

23/5/17 6pm - 7:15pm

Free

Since her first runway show in 1991, modelled by Naomi Campbell, Linda Evangelista and Christy Turlington, Sui has offered her own brand of catwalk rebellion. From her iconic babydoll dresses to rock 'n' roll androgyny, her references might be popular and playful, but her drive and vision have remained consistent: she has never pandered to anyone's expectations.

## Late at Tate: Queer British Art

Tate Britain, Millbank, SW1P 4RG

2/6/17 - 24/6/17

Free

Bring your friends, check out an amazing mix of artworks, have a drink and a bite to eat. It's free to get in, a great atmosphere with a relaxed immersive mix of sound and visuals, hands-on making activities and intriguing discussion all curated exclusively by 15-25 year olds from Tate Collective London. This Late at Tate explores what queerness means to many Londoners today.

## The Reuse of Film and Photographic Images in

Postcolonial Southeast Asia

SOAS, Bloomsbury, WC1H 0XG

22/6/17 - 23/6/17 6pm - 8pm

Free

Taking its lead from these recent developments, this symposium will explore the ways in which colonial and postcolonial film and photographic archives have been rearticulated within a range of Southeast Asian political and aesthetic contexts. How have artists and filmmakers sought to subvert existing power relations through the use of colonial images?

## Soul of a Nation: Art in the Age of Black Power

Tate Modern, Bankside, SE1 9TJ

12 / 7 / 17

Free

The show opens in 1963 at the height of the Civil Rights movement and its dreams of integration. In its wake emerged more militant calls for Black Power: a rallying cry for African American pride, autonomy and solidarity, drawing inspiration from newly independent African nations.

## Fighting Proud: The Untold Story of the Gay Men

Who Served in Two World Wars

LSE, Houghton Street, WC2A 2AE

27/7/17 6.30pm - 8.30pm

Free

Come hear Stephen Bourne talk about his latest book *Fighting Proud*, which explores some of the untold stories of the gay men who served in two world wars. These include Lord Kitchener, Battle of Britain hero Ian Glead, writer Hector Bolitho, Police Constable Harry Daley, Noel Coward and bandleader Ken "Snakehips" Johnson



# PHASE FOUR ZINES.

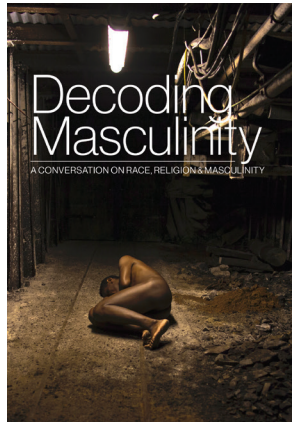
You can now access all of our previous Terms of Reference (ToR) Zines from Phase Three and Four on our website at:

[shadesofnoir.org.uk/terms-of-reference-zines/](https://shadesofnoir.org.uk/terms-of-reference-zines/)

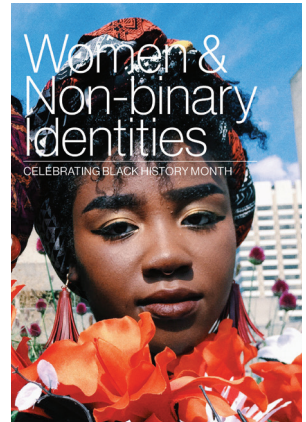
All of our Zines are packed with informative resources that supplement our events. They are a great tool for curriculum development and/or dissertation writing! Enjoy.



Queer Bodies



Decoding Masculinity



Women & Non-Binary Identities



Who Am I?



Intersectional Film