

Did You Know...

Scan for Free Download



- **Black men are less likely than any other demographic of men to receive mental health treatment, despite reporting higher levels of emotional distress** (Blumberg, Clarke, & Blackwell, 2015; Hankerson, Suite, & Bailey, 2015).
- **Studies show religiosity and religious coping are tied to perceived mental health and distress levels in Black/African American samples, with “positive religious coping” linked with better outcomes** (Lukachko, Myer, & Hankerson, 2015; University of Mississippi, 2025).
- **Suicide is a critical concern for Black youth and young Black men in particular; CDC-reported rankings show suicide is a leading cause of death for Black/African American youth** (Stone et al., 2025; Verlenden et al., 2024).
- **Black boys are twice as likely to be diagnosed with behavioral disorders and far less likely to be referred for mental health care** (Baglivio, Wolff, Piquero, Greenwald, & Epps, 2017; Mandell et al., 2007).
- **Black men are significantly more likely to be misdiagnosed with schizophrenia when presenting with depression or trauma symptoms** (Gara et al., 2019; Rutgers University, 2019).
- **More than 60% of Black men report experiencing chronic stress related to discrimination, finances, or safety** (American Psychological Association, 2015; Chung et al., 2014).
- **Black men are less likely to have a primary care physician, making early identification of mental health symptoms far less common** (Arnett et al., 2016; Stevens-Watkins, Perry, Harp, & Oser, 2012).
- **Stigma remains the number one barrier preventing Black men from seeking therapy, followed by cost and lack of culturally competent providers** (Johnson, 2024; Panchal, Hill, Artiga, & Hamel, 2024).
- **Lifestyle routines that Black men already do in community (movement, food changes, weekly check-ins) can improve mood** (Joseph et al., 2024).
- **Research describes barbershops as places where Black men can get candid, judgment-free support and real conversation that helps improve mental wellness** (Wippold et al., 2024).

We're here to help you start your journey to wellness
Contact us at www.NextDoorCounselingServices.com



References

American Psychological Association. (2015, March 10). The impact of discrimination. <https://www.apa.org/news/press/releases/stress/2015/impact>

Arnett, M. J., Thorpe, R. J., Jr., Gaskin, D. J., Bowie, J. V., & LaVeist, T. A. (2016). Race, medical mistrust, and segregation in primary care as usual source of care: Findings from the exploring health disparities in integrated communities study. *Journal of Urban Health*, 93(3), 456–467. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4899337/>

Baglivio, M. T., Wolff, K. T., Piquero, A. R., Greenwald, M. A., & Epps, N. (2017). Racial/ethnic disproportionality in psychiatric diagnoses and treatment of youth: A population-based study. *Journal of Youth and Adolescence*, 46(7), 1422–1435. <https://pubmed.ncbi.nlm.nih.gov/27665279/>

Blumberg, S. J., Clarke, T. C., & Blackwell, D. L. (2015). Racial and ethnic disparities in men's use of mental health treatments (NCHS Data Brief No. 206). National Center for Health Statistics. <https://www.cdc.gov/nchs/products/databriefs/db206.htm>

Chung, B., Meldrum, M., Jones, F., Brown, A., Jones, L., & Collins, B. (2014). Perceived sources of stress and resilience in men in an African American community. *Progress in Community Health Partnerships: Research, Education, and Action*, 8(4), 441–451. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4361032/>

Gara, M. A., Minsky, S., Silverstein, S. M., Miskimen, T., Strakowski, S. M., & Ketter, T. A. (2019). A naturalistic study of racial disparities in diagnoses at an outpatient behavioral health clinic. *Psychiatric Services*, 70(2), 130–134. <https://pubmed.ncbi.nlm.nih.gov/30526340/>

Hankerson, S. H., Suite, D., & Bailey, R. K. (2015). Treatment disparities among African American men with depression: Implications for clinical practice. *Journal of Health Care for the Poor and Underserved*, 26(1), 21–34. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4406484/>

Johnson, A. (2024). How masculinity impedes African American men from seeking mental health services. *Cureus*, 16(8), e####. <https://pmc.ncbi.nlm.nih.gov/articles/PMC11409296/>
Note: The article is hosted on PubMed Central; use the final journal PDF for the exact article number/pages if needed.

Joseph, J. J., Brewer, L. C., Stanfill, A. G., et al. (2024). Improving mental health in Black men through a 24-week community-based lifestyle change intervention: The Black Impact program. *BMC Psychiatry*, 24, Article ####. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10775551/>
Note: Use the journal's final citation details (article number) from the PDF/version of record for perfect formatting.

Liu, H., & Visher, C. A. (2021). Trauma exposure and mental health of prisoners and ex-prisoners: A meta-analytic review. *Clinical Psychology Review*, 90, 102082.

<https://www.sciencedirect.com/science/article/pii/S0272735821001124>

Lukachko, A., Myer, I., & Hankerson, S. (2015). Religiosity and mental health service utilization among African Americans. *Psychiatric Services*, 66(5), 498–505.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4535188/>

Mandell, D. S., Ittenbach, R. F., Levy, S. E., & Pinto-Martin, J. A. (2007). Disparities in diagnoses received prior to a diagnosis of autism spectrum disorder. *Journal of Autism and Developmental Disorders*, 37(9), 1795–1802. <https://pmc.ncbi.nlm.nih.gov/articles/PMC2861330/>

Rutgers University. (2019, March 21). African Americans more likely to be misdiagnosed with schizophrenia, Rutgers study finds. <https://www.rutgers.edu/news/african-americans-more-likely-be-misdiagnosed-schizophrenia-rutgers-study-finds>

Stone, D. M., Simon, T. R., Fowler, K. A., et al. (2025). Notes from the field: Differences in suicide rates, by race and ethnicity—United States, 2013 and 2022. *Morbidity and Mortality Weekly Report*, 74(35), #####–#####. <https://www.cdc.gov/mmwr/volumes/74/wr/mm7435a2.htm>

Stevens-Watkins, D., Perry, B., Harp, K. L. H., & Oser, C. B. (2012). Recent perceptions of health service providers among African American men. *Social Work in Public Health*, 27(6), 645–659. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4829358/>

University of Mississippi. (2025, October 28). Study links faith to Black Americans' mental health outcomes. <https://olemiss.edu/news/2025/10/study-links-faith-to-black-americans-mental-health-outcomes/index.html>

Verlenden, J. V., Pampati, S., Rasberry, C. N., et al. (2024). Mental health and suicide risk among high school students—United States, 2023. *Morbidity and Mortality Weekly Report Supplements*, 73(4), 1–xx. <https://www.cdc.gov/mmwr/volumes/73/su/su7304a9.htm>

Wippold, G. M., et al. (2024). Shop Talk: A qualitative study to understand peer health support among Black men in barbershops. [Journal name].

<https://pmc.ncbi.nlm.nih.gov/articles/PMC11185087/>

Zhong, S., Senior, M., Yu, R., et al. (2021). Risk factors for suicide in prisons: A systematic review and meta-analysis. *The Lancet Public Health*, 6(3), e164–e174.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7907684/>