

SEE
HER
BLOOM



Hey, Girl!

I know life can get heavy, but you're not alone...



FACTS ABOUT DRUGS & MENTAL HEALTH FOR BLACK GIRLS



When Black girls experience bias due to their race and gender, their mental health can be impacted.

"The weight of being a black girl, and being overlooked when we need something or when we sometimes ask for help, sometimes we turn to drugs so we don't have to feel that anymore... But I feel like talking about it [drug use] more, especially within the black community, and making it less of a taboo topic, that's how you can help now."

HOW DO I KNOW IF I OR SOMEONE I KNOW NEEDS SUPPORT?

HAVE YOU:

- Lost interest in things you used to do, been avoiding commitments, have low energy, or been feeling like nothing matters?
- Been experiencing physical or mental changes like memory lapses, poor concentration, lack of coordination, or slurred speech?
- Started hanging out with different people that you'd be hesitant to bring around your parents/family to get to know?
- Been feeling that you need to use drugs regularly — daily or even several times a day — or tried to stop using drugs and couldn't?
- Started doing things that you normally wouldn't do, such as lying or stealing, to get drugs?

If you've answered "yes" to any of these questions, check out the resources below.

RESOURCES

- Black Girls Smile (BGS) empowers the mental well-being of young black girls. <https://www.blackgirlssmile.org/therapy-scholarship>
- The Loveland Foundation provides accessibility of mental health and healing services to young Black girls. <https://thelovelandfoundation.org/loveland-therapy-fund/>
- Guide: Starting the Conversation. When a loved one is experiencing a mental or substance use disorder, it is important to know how to support them and what to say. <https://www.samhsa.gov/sites/default/files/starting-the-conversation-guide.pdf>
- Therapy for Black Girls <https://therapyforblackgirls.com/>
- Balanced Black Girl Podcast <https://www.balancedblackgirl.com/>
- The Safe Place <https://apps.apple.com/us/app/the-safe-place/id1349460763>
- See Her Bloom <https://seeherbloom.org/>

