

# Black/African Ancestry Male Mental Health



The National Alliance on Mental Illness's (NAMI) **Black/African Ancestry Male Mental Health (BAMMH)** initiative introduces new, innovative ways for Black/African Ancestry men to approach mental health, physical health and well-being.

BAMMH is positioned to reach men from the Black/African Ancestry communities who have been affected by stigma, lack of space, misunderstanding and inability to celebrate their resilience and joy in the face of modern-day challenges. Black/African Ancestry Male Mental Health offers a comprehensive physical and mental health outreach program and sense of community, to increase awareness and self-efficacy so men can live healthier lives.

BAMMH is a four-part community conversation series that is actively creating and expanding healing spaces on topics of wellness with men who identify as Black/African Ancestry. These conversations, joined by licensed mental and physical health clinicians of Black/African Ancestry, are meant to help men take off their masks, ground themselves in community and support one another. Clinicians help the men identify the signs and symptoms of mental health challenges, destigmatize the conversation, and share restorative tools, such as how

to find the right therapist or build support strategies into their daily lives. The fourth conversation is organized around food and when possible, a chef-curated meal.

Black/African Ancestry Male Mental Health is an opportunity to develop spaces of belonging, connection, grounding, education and care navigation for and by Black/African Ancestry men. Please join us in ensuring our communities feel welcome, respected and heard.

Black/African Ancestry Male Mental Health is part of NAMI's Sharing Hope Series, a cross-cultural initiative to destigmatize mental health in racially and ethnically diverse communities.

To learn more about Black/African Ancestry Male Mental Health, contact Archie Green ([agreen@nami.org](mailto:agreen@nami.org)) Manager, BIPOC Male Mental Health.

The National Alliance on Mental Illness (NAMI) is the nation's leading grassroots mental health organization. NAMI's mission is to provide advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.