

Closing the Gap in Black Women's Mental Health

La Shawn M. Paul, LCSW-R

Black Women in the United States are disproportionately affected by the most common mental illnesses compared to the dominant culture. Closing the Gap in Black Women's mental health requires awareness and therefore requires **increasing the mental health literacy of black women**.

By increasing black women's mental health literacy, we **heighten their ability to effectively self-report mental health concerns** and get the professional mental health treatment they need. Mental health literacy **replaces inaccurate thoughts with knowledge** that leads individuals to treatment and helps in the **elimination of stigma**. It is necessary to empower black women to seek professional mental health treatment.

This program will explore the barriers that prevent black women from seeking professional mental health treatment and call workshop attendees to be culturally sensitive to marginalized populations.

With this workshop, participants will be able to:

- Explore mental health disparities of black women
- Explore cultural barriers of professional mental health treatment
- Increase cultural competence of providers who work with black women
- Learn how to be a mental health advocate with disenfranchised populations

2 SW CE Contact Hours



PRESENTER



La Shawn M. Paul, LCSW-R is a therapist and mental health advocate. She is the owner of Social Work Diva, a provider of mental health services including psychotherapy, clinical supervision, and mental health consultation.

Ms. Paul earned her M.S. in Social Work from Columbia University and is pursuing her Doctorate in Social Work from the University of Southern California. Her commitment to mental health equity has garnered her several awards and lead to her recognition by Huff Post as one of the Ten Black Female Therapists to Know.