

What does good mental health care for Black men look like?



We must be central to conversations about our care and the systems that serve us.

Black men face stark and persistent inequalities in mental health

Compared to White men, they are:



5 times more likely to be diagnosed with schizophrenia



3 times more likely to be detained under the Mental Health Act



8 times more likely to be placed on a Community Treatment Order

Our communities are scared of mental health services. Some of us worry we won't come out alive.

Research looked at what good mental health care looks like for Black men. It involved:

A review of **100+** studies on Black men and boys

23 interviews with service users, providers, carers and advocates

BLACK MEN'S HEALTH TASKFORCE

Insights from **8** Black men with lived experience of mental health services

What needs to change

My concerns were minimised because of my race.

Organisational culture must focus on anti-racism, cultural humility, and stigma awareness

Organisational culture

Service design

Mental health services should be co-produced with Black men, focus on their lives, and promote shared learning

It's not enough as passive recipients of care.

Service delivery

Don't assume what could help. It might not be medication.

Mental health care must be community-based, person-centred, trauma-informed, and communicated respectfully

Priorities for action



CHANGE THE CULTURE



TRAIN STAFF



ASK THE RIGHT QUESTIONS



COLLECT AND USE BETTER DATA



BUILD ON WHAT WORKS