



Mental Health: Policy, Clinical, and Spiritual Implications *Engaging Communities to Reduce the Mental Health Stigma*

RESOURCE GUIDE

Black Nurses Association of Greater Houston

www.bnagh.org

The Black Nurses of Greater Houston provides leadership to advance nursing practice, improve health care for everyone, and influence legislation and policy that affect blacks, and other ethnic groups. The BNAGH collaborates to proactively take back its communities from health problems.

Black Psychiatrists of America

www.blackpsych.org

The Black Psychiatrists of America (BPA) was created in 1969 to address the struggles, social conditions of Black Americans, professional experiences, and the barriers faced by black psychiatrists. The founders of the BPA understood the importance to move progressively to insure the emotional and psychological development of African Americans. The BPA, from its inception, realized its special obligation to emphasize the mental health and emotional development of African Americans, and formulated objectives addressing requisite interdisciplinary action and definition of problems.

City of Houston Department of Health and Human Services

www.houstontx.gov/health/

The mission of the Houston Department of Health and Human Services is to work in partnership with the community to promote and protect the health and social well-being of Houstonians.

Depression and Bipolar Support Alliance of Greater Houston

www.dbsahouston.org

The mission of the Depression and Bipolar Support Alliance (DBSA) is to provide hope, help, and support to improve the lives of people living with depression or bipolar disorder. DBSA pursues and accomplishes this mission through peer-based, recovery-oriented, empowering services and resources when people want them, where they want them, and how they want them.

Gateway to Care

www.gatewaytocare.org

Gateway to Care is a 501(c) (3) collaborative comprised of over 165 public and private safety net health systems, coalitions, advocacy groups, and social service providers working together to assist the approximately 2.2 million medically indigent residents in the Greater Houston Area in receiving medical care at the most appropriate setting.

Hilton Publishing

www.hiltonpub.com

Hilton Publishing was founded in 1996 by cardiothoracic surgeon Hilton Hudson II, MD, FACS, who set out to address the lack of accurate and up-to-date health information being offered to minorities. With books on subjects such as heart disease, hypertension, diabetes, lupus, cancer, HIV/AIDS, obesity, prostate cancer, mental illness, and diet and health, Hilton Publishing offers reliable information through its publications and website that is specific to the needs of its readers. Content is written with compassion and offers practical advice that is easy to understand.

Houston Association of Black Psychologists

www.habpsi.org

The Houston Chapter of the Association of Black Psychologists (HABPSI) was founded in 1976 by a committed group of pioneers. They united to actively address the serious problems facing Black Psychologists and the larger Black community. The Association of Black Psychologists sees its mission and destiny as the liberation of the African Mind, empowerment of the African Character, and enlivenment and illumination of the African Spirit. The Association of Black Psychologists is the leader and international resource for addressing the psychological needs of African people throughout the world. Its research, publications, assessment techniques, therapeutic strategies, and training programs establish the ABPSI as the recognized authority for providing practical solutions to the day-to-day circumstances of its people.

The Mental Health and Mental Retardation Authority of Harris County

www.mhmraharris.org

MHMRA of Harris County is one of the largest mental health centers in the United States, serving more than 30,000 persons in the Houston metropolitan area who suffer from mental illness and mental retardation. MHMRA serves the “priority population” – adults who are diagnosed with severe and persistent mental illness, children with serious emotional disturbances, and people diagnosed with moderate to severe mental retardation.

National Alliance on Mental Illness – Fort Bend

www.NAMI.org/sites/NAMIFortBend/

NAMI Fort Bend (National Alliance on Mental Illness) is a grassroots organization whose mission is to improve the lives of those affected by mental illness. NAMI Fort Bend offers biweekly support groups meetings and educational classes on mental illness.

National Alliance on Mental Illness – Metropolitan Houston

www.namimetrohouston.org

NAMI Metropolitan Houston is a nonprofit organization established in 1988 to address the increasing need for families and persons affected by mental illness to have a powerful voice in the mental health community. NAMI Metropolitan Houston provides FREE education programs, peer support groups, and advocacy to enable families and consumers to become more effective self advocates.

National Alliance on Mental Illness – Texas

www.namitexas.org

The National Alliance on Mental Illness of Texas (NAMI Texas) is a 501 (c)(3) nonprofit organization founded by volunteers in 1984. NAMI Texas is affiliated with the National Alliance on Mental Illness (NAMI) and has 45 local affiliates throughout Texas. NAMI Texas has nearly 10,000 members made up of mental health consumers, family members, friends, and professionals. Its purpose is to help improve the lives of people affected by mental illness through education, support, and advocacy.

National Black Nurses Association

www.nbna.org

The National Black Nurses Association (NBNA) was organized in 1971 and represents 150,000 African-American registered nurses, licensed vocational/practical nurses, nursing students, and retired nurses from the USA, Eastern Caribbean, and Africa with 79 chartered chapters in 34 states. The NBNA mission is to provide a forum for collective action by African-American nurses to investigate, define, and determine what the healthcare needs of African Americans are and to implement change to make available to African Americans and other minorities health care commensurate with that of the larger society.

National Black Nurses Foundation

www.nbnfoundation.us

The mission of the National Black Nurses Foundation (NBNF) is to convene alliances and develop programs around clinical and policy measures to improve the quality of life for underserved, underprivileged, and underrepresented at-risk populations. NBNF achieves this mission through education, research, and policy implications as these programs highlight the impact of the nursing shortage and leadership in the United States and its territories.

Prairie View A & M University College of Nursing

www.pvamu.edu/nursing/

Prairie View A&M University College of Nursing continues to make a difference in defining and actualizing a positive experience for many fine women and men who choose nursing as their career. Transcending the challenge of time, since 1918, graduates have contributed to the quality and excellence in nursing and healthcare delivery throughout Texas and the world. Located in the Texas Medical Center, the College remains competitive in the quality and variety of programs offered inclusive with the advances of technology and mutual partnerships.

Texas Southern University

www.tsu.edu

Texas Southern University, one of the nation’s largest HBCUs (Historically Black Colleges and Universities), possesses an impressive array of undergraduate and graduate programs, a diverse faculty, 80-plus student organizations, and an alumni network comprised of educators, entrepreneurs, public servants, lawyers, pilots, artists, and more, many of whom are change agents on the local, national, and international stage. Nestled upon a sprawling 150-acre campus, Texas Southern University has served as a cornerstone for developing the greatest potential in leaders from various socio-economic, cultural, and racial backgrounds.

FOR MORE INFORMATION ABOUT MENTAL ILLNESS, VISIT ONE OF THE FOLLOWING WEBSITES:

- American Psychological Association www.apa.org**
- Depression and Bipolar Support Alliance www.DBSAAlliance.org**
- FacingBipolar.com..... www.FacingBipolar.com**
- Families for Depression Awareness www.familyaware.org**
- National Alliance on Mental Illness www.NAMI.org or www.faihtnet.nami.org**
- National Council for Community Behavioral Healthcare..... www.thenationalcouncil.org**
- National Institute of Mental Health..... www.nimh.nih.gov**
- National Mental Health Association www.NMHA.org**
- Psychologist Locator <http://locator.apa.org>**
- MENTAL HEALTH: A REPORT OF THE SURGEON GENERAL www.surgeongeneral.gov/library/mentalhealth/home.html**
- MENTAL HEALTH: CULTURE, RACE, AND ETHNICITY**
- A Supplement to Mental health: A Report of the Surgeon General <http://www.surgeongeneral.gov/library/mentalhealth/cre/>**