



Mental Health Barriers and Black Students on College Campuses

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AIMS

Identify

Focus

- Awareness to the factors affecting Black Student's Mental Health

- How perspectives on mental health can be influenced by history

Examine

- How fundamental challenges affect Black student mental health

Propose

- Ways to improve MHS usage among Black students

BACKGROUND

- **Mental wellness is an emerging issue on many college campuses that urges focused attention.** Students are faced with numerous **personal, societal, and educational pressures** that can negatively affect their **emotional and psychological wellbeing.**
- “A 2007 study found that **37-84%** of students struggling with their mental wellbeing **did not receive services**”.
- There is a wealth of research available investigating the barriers that students may face accessing MHS, but additional barrier are present when considering how Black students interact with mental health and MHS. **Racial and socioeconomic factors play a major role in influencing these interactions and increased rates of mental illness.**

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METHODS

- Cal State LA's Pan African Library site was used to conduct a literature review on topic.
- Key words used in conducting the search include: stress, mental health, mental health barriers, access, help-seeking, and Black college students.

THREE MAIN BARRIERS FACED BY BLACK STUDENTS

• A history of abuse in medicine has lead to MHS being sought out less often in Black communities

Cultural Mistrust



• Interwined within Black culture are negative attitudes towards mental health causing stigma in the community.

Differences in Attitudes and Knowledge

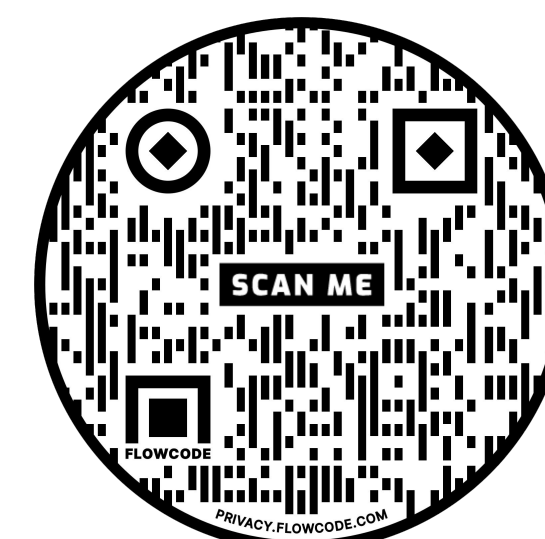


• A negative culture on mental health influences personal perspective that there is no need for MHS.

Perspectives on Seeking Care



REFERENCES



CHALLENGES

A fundamental challenge that black students face when attending universities as the minority is **ignoring parts of themselves to conform to the environment.** Black students continue to hold up this **mask of whiteness** as protection from the way society portrays ethnically **underrepresented groups.** Experiencing poverty and **institutionalized racism** can discourage black students while pursuing higher education.

CONCLUSION

- Many factors like instability in communities of origin and even feeling out of place on a college campus cause Black students to feel as though they have no true place.
- Mental health barriers for Black students are still present due to them often being overlooked in society and especially in institutions that were made to deliberately exclude them.

LOOKING FORWARD

- Student opinion can improve mental health efforts
- So they can understand and relate with the experiences of Black Student.
- To limit negative influences on Black students while on campus

