List of the mental health challenges discussed during the workshop

📍 **Lack of awareness in communities:**
Many are unaware of mental health issues and the resources available to address them.

📍 **Difficulty accessing the right help:**
Accessing the appropriate mental health services remains a significant challenge.

📍 **Delays in receiving support and being denied appropriate assistance**
Prolonged waiting times exacerbate mental health conditions.

📍 **Lack of support during the waiting period:**
Individuals often feel neglected while awaiting assistance, worsening their mental health.

📍 **Lack of understanding of the Black community's needs:**
Culturally sensitive approaches are often missing, alienating those seeking support.

📍 **Stigmatisation through labelling:**
Mislabeling and stigmatizing language discourage individuals from seeking help.

📍 **Need for advocacy to support Black communities:**
There's a critical need to train and equip community leaders in advocacy to better support those facing mental health challenges.

List of the mental health challenges discussed during the workshop

📍 **Underreporting of abuse due to fear and vulnerability:**
Many within Black communities do not report abuse, making them more vulnerable to repeated victimization.

📍 **Having to fight to be heard:**
Many feel the system requires relentless advocacy to receive attention or support.

📍 **A risk-response system that neglects early intervention:**
The system often responds only to high-risk cases, missing opportunities for early intervention. Some are turned away from services despite needing urgent care.

📍 **Systemic bias and discrimination in the NHS:**
There is evidence of bias and discrimination that disproportionately affects Black communities.

📍 **Inadequate staffing and capacity:**
Mental health services are often under-resourced, leading to delays and insufficient care.

📍 **Cultural and religious beliefs, myths:**
Deep-rooted beliefs and myths hinder open discussions about mental health.

📍 **Fear of challenging the system:**
Many are afraid to voice concerns or challenge existing structures due to fear of repercussions.