

1: Each Of These 8 Colors Has A Unique Power. Which Color Does YOUR Life Need?

The mental health care system is not only different for people of color to navigate, but it also leaves out some of our communities' most effective resources. Not everyone who's a licensed mental health professional has the knowledge that people of color need to heal.

He loves writing and the outdoors. You can often find him at the movies or the park. Colors are all around us. And whether we pay attention to them or not, the colors we surround ourselves with can have a profound impact on our lives. Similar to how our emotions can cause us physical pain, color can have an extremely large effect on both our physical and mental health. It is a centuries-old concept used successfully over the years to cure various diseases. In fact, each specific color can go a long way in helping to heal aches, pains, mental issues, and illnesses. Scroll through this exclusive list below to see how color therapy could help you out. Let us know in the comments! Orange, yellow, magenta, purple, blue, turquoise, white, red, and green can each have a specific and profound impact upon your physical and mental health. The color orange also can help with the health of your liver, and can have the effect of an antidepressant. This increase in confidence and happiness can also be good for your creativity. One way to add this color into your life is by painting one of your favorite rooms a bold shade of orange. For your physical health, the color yellow can have a positive impact upon the nervous and digestive systems. A great way to include more yellow into your day is by making your computer background a bright shade of yellow. Take the time to meditate on the color and absorb its joyful, healing powers each day. It is also a great color to include in your life for relaxation. In terms of your physical well-being, the color magenta is great for those who are suffering from headaches or nausea. Make time to relax, as you concentrate on the flame and the soothing color. The color purple can also help you to relax, giving you a much-needed opportunity to open up your creative side. Blue increases your intelligence, your sense of trust, and your ability to find tranquility in life. On a physical level, blue is great for those suffering from hiccups, sores, or even asthma. For those who live by a body of water, spending time meditating near blue water can be a great way to reap the rewards of this tranquil color. Turquoise is a color that is all about truth, communication, and calmness. You can use turquoise to improve your listening and other communication skills. Surprisingly, the color turquoise is also great for those who have eczema or acne, or those who suffer from fatigue or high tension levels. White bedroom walls and white sheets are great for upping the white levels in your life. Red strengthens, stimulates, and adds passion to all that you do, which can be great for jump-starting your love life. Red clothing or red lipstick are both effective ways of adding more of this fiery color to your day-to-day life. The color green can help lower anxiety levels, and is known to have a positive effect upon heart health. Spending time in the green outdoors is the perfect way to increase the influence this color can have on you physically and mentally. This chart is a handy and effective way to keep track of which colors you should be adding to your life in order to improve your mental balance and physical well-being. Let us know in the comments. More Stories from LittleThings.

2: NPR Choice page

Support mental health organizations for and by people of color Those who are able must prioritize financially supporting mental health services that are accessible to people of color. This is a call to action: amazing mental health organizations and services centering people of color can't always sustain themselves without our help.

Yet it is worse for communities of color. I want my community to know that this is not something to be ashamed about. Latina feminist mental health activist and suicide attempt survivor. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. More people are talking about self care and mental health resources that are available for those with and without insurance. Aside from news outlets, companies are donating proceeds of their sales to mental health research and mental health organizations. Again, I am very grateful for this. However, take a look at their PSA: Does anything jump out at you? Well, all of these stories are from white women. Granted, women are being represented but there is still a larger group that is not being catered to: One might view this as a petty issue but this brings up a larger problem. The media representation of mental illness constantly excludes, ignores and silences people of color. White women are stereotypically the face of mental illness. Even when it comes to the news reports of these tragic shootings recently, when it is a white male there is the immediate speculation that he is mentally ill. Yet, when Black or Latino men commit crimes, they are just that: There is a stigma that is rampant in our society towards mental illness. That compounded with a mental illness is debilitating. White individuals do not deal with the issues we face. As people of color, we are proud individuals who have accomplished a lot despite the obstacles that we have faced. We are not supposed to air our dirty laundry. But we have a larger problem in our hands that is more important than saving face. We are losing countless individuals due to the silence and shame that contributes to the high suicide attempt and success rate. I do want to be clear: I am in no way blaming these communities. The invisibility of people of color in this discussion is to blame. How can we destigmatize this in our community if we are never shown in its representation? The health disparities and the lack of resources being made available to our community is a huge part of it as well. Cultural competency is lacking immensely. Simply translating resources and information is not enough. In my experience, working with groups and organizations that focus on mental illness, I am told that they want to be inclusive when I bring up a support group for solely people of color or that amplifying the voices of people of color are their priority right now. The advocacy that is needed to heal our community is different. In response to this disparity and the state of mental health for my community, I have started a photo project to juxtapose the media representation of mental illness. I am hoping that this project will let others know that they are not alone. Countless individuals have shared their support and expressed their content for a project that focuses on their mental health needs. There are many ways to remove the stigma of mental illness in communities of color. Why not start here? We have to acknowledge that people experience mental illnesses differently so we can find a solution, otherwise the solution will be centered on the needs of white people which has been the case all along. Suggest a correction MORE:

3: Mental health and people of color: A quiet conversation - The Chronicle

The Stigma of Mental Illness in Communities of Color A new study published by the National Institutes of Health says almost half of all Americans will develop some form of mental illness during.

4: You're Not Alone: People & Organizations Supporting Minority Mental Health | The Offing

More people are talking about self care and mental health resources that are available for those with and without insurance. Aside from news outlets, companies are donating proceeds of their sales to mental health research and mental health organizations.

5: POC & Mental Illness Photo Project â€” Dior Vargas

In general, the articles suggest that ethnic minorities receive inadequate and inappropriate mental health services from poorly trained practitioners, and that policymaking and curriculum development must address these deficiencies.

6: People of Color Deal With Mental Illness, Too | HuffPost Life

Mental Health America works nationally and locally to raise awareness about mental health. We believe that everyone at risk for mental illnesses and related disorders should receive early and effective interventions. Historically, communities of color experience unique and considerable challenges.

7: Black & African American Communities and Mental Health | Mental Health America

The Color of Hope: People of Color Mental Health Narratives is a project that sheds light on mental health in communities of color by sharing stories by those affected by mental illness. By sharing our stories, we open up discussion around the topic and break through stigma and shame.

The King Arthur Audio Collection The synapse function. Escape From Monkey Island (PS2 (Primas Official Strategy Guide) Atom village, and other pieces for easy reading Autobiography of Fukuzawa Yukichi Sky Atlas 2000.0 Companion SS Taks II Reading E Area and perimeter review worksheet Gleanings from Indian classics. Believe Not Disast Franklin says sorry Demand control support model Coder to developer mike gunderloy 2004 suzuki xl7 owners manual 1998 nissan altima repair manual Robert Andrew Parkers illustrated Frankenstein Dawn of the Dragons Eye Gary Nulls Perfect Health System Confinement, Topology, and Other Non-Pertubative Aspects of QCD (NATO Science Series II: Mathematics, Phy Robbins basic pathology kickass Central excises and salt act, 1944 (act I of 1944 and the Central excise rules, 1944 John Tyler Morgan Edmund W. Pettus . Curtain Call (Satin Slippers, No 6) Squirrels and Frogs-Getting to Know Natures Children Alphabet Weekends II. Italian Renaissance sculpture. Plane And Spherical Trigonometry Illustrated Other marine mammals Encyclopediaof climate and weather Pt. 2. Alfred Dreyfus Proposed soldiers home, near Denver, Colo. Ectopic pregnancy A Portable Identity The World Market for Dregs and Waste Resulting from Brewing or Distilling The autobiographical novel of co-consciousness Intersection geometry traffic lecture notes Single phase full wave bridge rectifier Governing the B. B. C. Continuing appropriations, 1966. Paleolimnology (Developments in Hydrobiology)