

Black Women's Experiences with Mental Illness, Help-Seeking & Coping in the Halifax Regional Municipality: A Study Conducted to Inform the Nova Scotia Sisterhood Initiative



Abstract

Over the last few years, a body of research has been emerging that is examining the many causal factors for Black women's mental illness, including genetic factors, state violence and other structural inequities and oppressions based on race, gender identity, sexual orientation, citizenship, socio-economic status and other identities. They provide evidence that Black women's structural location at the intersection of those identities and oppressions are often experienced as trauma and, therefore, puts them at an increased risk for mental illness. In this presentation, Dr. Ingrid Waldron takes up these issues by sharing findings from a study she conducted on diverse Black women's experiences with mental illness and help-seeking, which is currently being used to inform the Sisterhood Initiative, a health service for Black women in the Halifax Regional Municipality. The study had four main objectives:

- To examine Black women's experiences with mental illness, including how their experiences related to race, culture, gender identity, sexual orientation, socio-economic status, citizenship, disability, and age impact their mental well-being.
- To learn about Black women's beliefs about the causes of mental illness.
- To identify Black women's help seeking behaviours and
- To obtain Black women's suggestions for how the Sisterhood Initiative can address Black women's mental health needs.



Presenter

Dr. Ingrid Waldron, Ph.D.

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When

Thursday, March 17, 2022

12:00PM - 1:00PM

This event will be held over Zoom.

Attendees are asked to register in advance.

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