



Kimme Carlos, Founder & Executive Director and Madinah Day, President

The **Urban Mental Health Alliance (UMHA)** is a grassroots community-based nonprofit that advocates for the mental health and wellness of urban families and communities. We seek to break the generational cycle of addiction and mental health challenges through advocacy, education, hope and community support.

**Mission**

*To empower individuals and families in urban communities with addiction and mental health awareness and recovery knowledge through advocacy, education, hope and community support.*

**Vision**

*Every individual and family in urban communities will be able to advocate for addiction and mental health awareness and recovery for themselves and their loved ones without stigma, shame, fear or humiliation.*

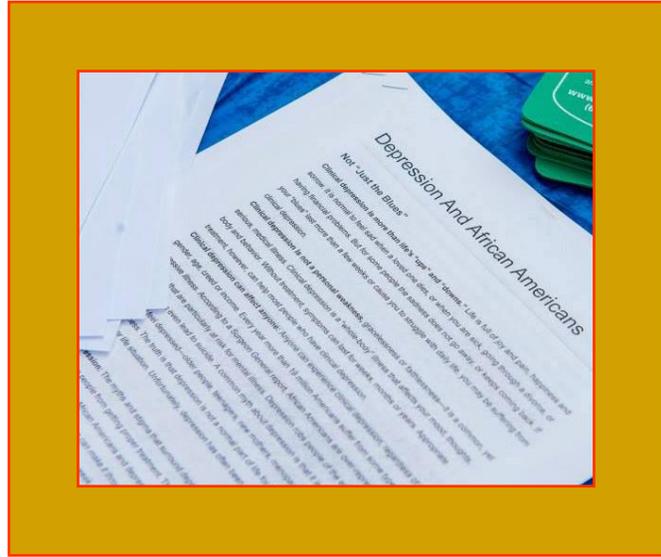
**PLEASE NOTE:** UMHA is pursuing its 501(c)3 and expects to have its tax-deductible status in 2016. Your support is valued and appreciated as we work to bring mental health awareness to our urban communities with little to no cost to the general public. If you would like to donate, please see our website's donor page at [www.urbanmentalhealthalliance.org](http://www.urbanmentalhealthalliance.org).



2015 First Annual Conference

Urban Mental Health Alliance  
P.O. Box 77170  
Trenton, NJ 08628  
609-610-7603  
UMHAHOME@gmail.com  
[www.urbanmentalhealthalliance.org](http://www.urbanmentalhealthalliance.org)

Are you or someone you know looking for information on addiction, anxiety, bi-polar disorder, borderline personality disorder, depression, post-traumatic stress disorder or stress? Dealing with anger and not sure where to turn? UMHA offers confidential information, resources and support for you and your family.  
**No Judgment. No Stigma.**



# Depression and African Americans



**Advocating for Healthy Minds in Urban Communities**

[www.urbanmentalhealthalliance.org](http://www.urbanmentalhealthalliance.org)



I founded the Urban Mental Health Alliance in 2013 with a group of dedicated board members who are equally committed to advocating, supporting and representing the most vulnerable of those affected among us. Our vision is a world where every individual and family in urban communities are able to advocate for addiction and mental health awareness and recovery for themselves and their loved ones without stigma, shame, fear or humiliation.  
 – Kimme Carlos, Founder & Executive Director

## Depression And African Americans What Is Depression?

Clinical depression is a “whole-body” illness that affects your mood, thoughts, body and behavior. Without treatment, symptoms can last for weeks, months or years. Clinical depression is not a personal weakness, gracelessness or faithlessness. It is a common, yet serious, medical illness.

Clinical depression can affect anyone regardless of race, gender, age, creed or income. Every year more than 19 million Americans suffer from some type of depressive illness. Depression robs people of the enjoyment found in daily life and can even lead to suicide. According to a Surgeon General report, African Americans are over-represented in populations that are particularly at risk for mental illness.

### What Causes Clinical Depression?

Many factors can contribute to clinical depression, including cognitive issues (negative thinking patterns), biological and genetic factors, gender (it affects more women than men), medications, other illnesses, and situational factors.

### Some Symptoms of Clinical Depression:

- Persistent sadness and anxiety
- Reduced appetite and weight loss/Increased appetite and weight gain
- Persistent physical symptoms that do not respond to treatment, such as headaches, digestive disorders and chronic pain
- Irritability, restlessness
- Decreased energy, fatigue, feeling “slowed down”
- Feelings of guilt, worthlessness, helplessness, hopelessness, pessimism
- Sleeping too much or too little, early-morning waking
- Loss of interest or pleasure in activities, including sex
- Difficulty concentrating, remembering or making decisions
- Thoughts of death or suicide, or suicide attempts

### Clinical Depression Is A Treatable Illness.

Like other illnesses such as heart disease or diabetes, clinical depression is treatable with the help of a health care professional. In fact, over 80% of people with depression can be treated successfully. The first step is to talk to your doctor who may recommend a physical checkup to find out if there is any underlying physical cause for the depressive symptoms. If clinical depression is diagnosed, then your doctor will refer you to a mental health specialist such as a psychiatrist or psychologist. For immediate assistance, contact:

**Emergency Mental Health Services**  
**Capital Health, Trenton, NJ**  
**24 Hours/7 Days a Week**  
[609-396-HELP \(4357\)](tel:609-396-HELP)

### Manage Your Mental Health

<b>STEP 1: YOUR PHYSICAL HEALTH</b> > NUTRITION > EXERCISE > REST > SELF CARE	<b>STEP 2: A SUPPORT NETWORK</b> > FAMILY & FRIENDS > FAITH COMMUNITY > COLLEAGUES > HEALTHCARE PROVIDERS > SUPPORT GROUPS > SOCIAL GROUPS
<b>STEP 3: SPIRITUALITY:</b> >CONNECT WITH SOMETHING HIGHER THAN YOURSELF THROUGH A HOUSE OF WORSHIP, PRAYER, MEDITATION AND HOLY SCRIPTURES.	<b>&gt;STEP 4: SERVICE</b> >ACTIVISM AND ADVOCACY >COMMUNITY WORK >MINISTRY >VOLUNTEERISM

### With UMHA, You Are Never Alone

If you or someone you love needs mental health information and resources, please contact us.

### Urban Mental Health Alliance

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**UMHAHOME@gmail.com**  
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We are always looking for volunteers. If you would like to work with us on events, program-building or marketing and social media, please contact Kimme Carlos at 609-610-7603 or [UMHAHOME@gmail.com](mailto:UMHAHOME@gmail.com).