



STRONGMINDS A M E R I C A

ABOUT US

StrongMinds America is a new initiative of StrongMinds, a nonprofit organization that has been democratizing access to mental health care globally since 2013.

Building on our success treating depression in nearly 200,000 women and youth in Sub-Saharan Africa, the StrongMinds America initiative provides no-cost, culturally competent depression treatment to Black, Indigenous, People of Color (BIPOC) young adults living in under-resourced communities in and around Newark.

The most populous city in New Jersey, Newark is one of over 5,000 geographic areas across the country that have been identified as “mental health professional shortage areas” by the US Health Resources and Services Administration. There aren’t enough providers to meet the growing need for mental health services among BIPOC youth.

By meeting the mental health needs of young people, StrongMinds America is providing upstream prevention to many of the downstream challenges facing under-resourced communities, including substance abuse, youth violence, and unemployment.

strongmindsamerica.org

NO ONE CAN THRIVE WITHOUT GOOD MENTAL HEALTH

Depression isn’t just a feeling of sadness; it is a debilitating illness that interferes with day-to-day life. Many people describe depression as overwhelming physical and mental exhaustion that goes on for weeks, months, or even years. Depression impairs a person’s ability to focus, accomplish everyday tasks, and take steps to improve life.

People living with depression often feel unable to achieve their full potential. If left untreated, depression can erode self-esteem and lead to interpersonal conflict, social isolation, poor health, financial instability, substance abuse, and high-risk sexual behavior, all of which can create dangerous feedback loop. Currently, over 60% of youth are not receiving treatment for depression.

REMOVING BARRIERS TO TREATING DEPRESSION

Young people (ages 18-25) experience the highest depression prevalence levels among adults in the US, and BIPOC communities are disproportionately affected due to racial disparities across the mental health system. StrongMinds America works to eliminate barriers to mental health care for BIPOC youth—barriers like cost, lack of access, lack of diversity among providers, and fear or mistrust of treatment. Our evidence-based depression treatment is facilitated by culturally competent mental health professionals and is specifically designed to treat BIPOC youth.

THE STRONGMINDS APPROACH

StrongMinds is addressing the need for culturally competent mental health care for BIPOC young adults by providing accessible, no-cost solutions to treating depression. Our unique approach is based on Group Interpersonal Psychotherapy (IPT-G), a proven group talk therapy approach that has been rigorously tested in clinical trials conducted with diverse populations in the US and around the world.

SIGNS AND SYMPTOMS OF DEPRESSION



Feelings of sadness, tearfulness, emptiness, or hopelessness



Angry outbursts, irritability or frustration, even over small matters



Loss of interest or pleasure in formerly enjoyable activities



Sleep disturbances, such as insomnia or sleeping too much



Using recreational drugs or alcohol, or engaging in other risky behaviour



Inability to focus, impaired cognition



Changes in appetite, such as eating too much or too little



Feeling negative, misunderstood, worthless

JOIN US

The need for mental healthcare solutions has never been greater, and StrongMinds America is at the forefront of innovations that democratize access to mental health care for BIPOC youth.

Contact De'Jon Buie at dejon@strongminds.org to learn how your organization can partner with StrongMinds America to address the mental health needs of young people in your community.

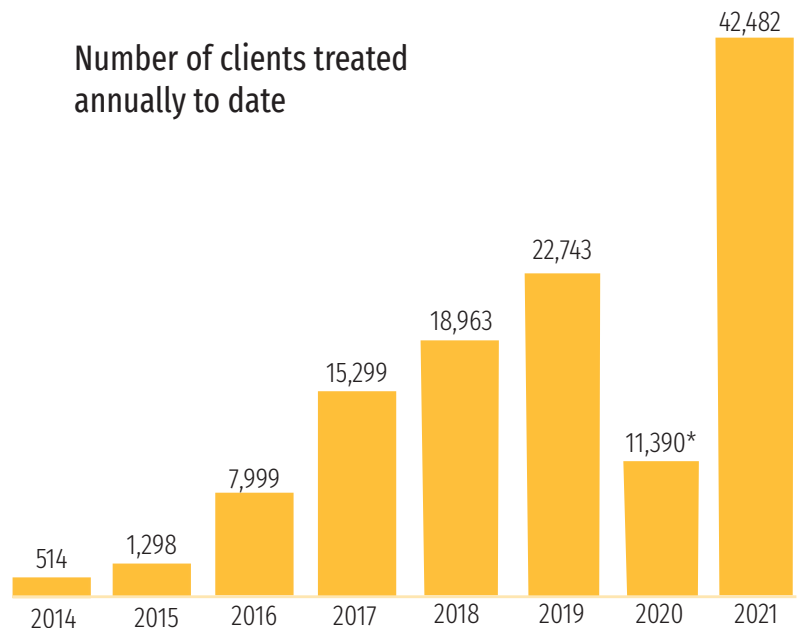
DONATE

Please help us increase access to mental health services for BIPOC youth. Visit our website to support this initiative or send a check to the address below. Make checks payable to: StrongMinds.

80% or more of our clients remain depression-free six months after therapy ends.



Number of clients treated annually to date



*Decrease due to COVID-19

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