&quot;We're Losing Our Kids&quot;: Black Youth Suicide Rate Rising Far Faster than for Whites; Coronavirus, Police Violence Deepen Trauma

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USA Today [1]

Mental health advocates are calling for increased efforts to support Black youth. With suicide rates rising faster among Black teens than their White peers, experts worry current public health crises may place them at even higher risk. Given the disproportionate impact of COVID-19 and police violence on Black communities, young people in these settings may be more exposed to trauma. In response, advocates are urging lawmakers to allocate funding for more mental health care in Black communities and research to understand suicide risk among Black youth. Other efforts are focused on normalizing conversations about mental health in Black families and encouraging those who are struggling to seek treatment. Young Black suicide attempt survivors, such as Victoria Waltz, are speaking out about their experience in an effort to help others. Everyone can benefit from therapy, she said.

Spark Extra! Find Black mental health resources [2].

Links within this resource
[2] https://docs.google.com/document/d/1AGLEOINitQ1JI7MvQXZxrEpbrAvr42r5RewjO_iXaKtE/mobilebasic#heading=h.m3e2itrhl9ci