

Sunflower Counseling Center

February is Black History Month



Sunflower Counseling Center Celebrates Black History Month!

February is Black History Month and we wanted to take this time to shine the spotlight on some of the trailblazing Black pioneers in the mental health field. Black Americans have made significant contributions to the mental health field. By highlighting the valuable contributions of Black Americans in our field, we not only aim to honor them, but also to help normalize mental health treatment within the Black community.

1

BEBE MOORE CAMPBELL

Bebe Moore Campbell was a renowned author, teacher, and journalist. She is also the founder of the Inglewood chapter of the National Alliance on Mental Illness. She used her platform to highlight the mental health needs of the Black community and other underrepresented communities.

2

PAUL BERTAU CORNELY, MD, DRPH

Dr. Cornely's career was full of first's. He was the first Black American to receive a Doctoral degree in Public Health. He was actively involved in the Civil Rights Movement, advocating for equal treatment for patients of color in both the medical and mental health fields. An important part of his work was highlighting the mental health impacts of racial discrimination.

3

FRANCIS CECIL SUMNER, PHD

Known as "The Father of Black Psychology," Dr. Sumner earned this title when he became the first Black man to earn a Doctoral degree in Psychology in 1928. He also served in WWI. Upon his return, he went on to publish various influential articles and founded the Psychology Department at Howard University.

Black Mental Health Resources

- The Mental Health Coalition: How to Support and Advocate for Black Mental Health
<https://www.thementalhealthcoalition.org/black-mental-health/>
- NAMI: Mental Health Resources for Black Americans
<https://www.nami.org/Press-Media/In-The-News/2020/Mental-Health-Resources-for-Black-Americans>
- Child Mind Institute: List of Organizations Tailored to BIPOC Youth
<https://childmind.org/blog/black-indigenous-and-people-of-color-mental-health-month/>