



THE WE TELL YOU  
MANIFESTO



# Making sure young black people get the mental health services they need and deserve.



1

Workers should avoid using the phrases 'mental health' and 'mental illness' when talking with us. These are seen as negative terms to us.

2

Prescription medication should not be the first, or the main type of help offered to us. A choice of social activities, talking therapies, group work, exercise activities, and support should be offered.

3

Use digital media to share the positive experiences and successes of young black men who have used your service. We want to hear the success stories.

4

Involve us in real decision making about how we will be helped; this should be the standard way of working with us.

5

We would like to see strategies and evidence that demonstrates to all young people, that your service is culturally aware and accepts people for who they are.

6

When we use support we want follow-ups that help keep a check on our progress.

7

Use social and digital media platforms to promote ways of looking after our mind health. We need more interactive and digital solutions offered to us, so we can get help or information, wherever we are and whenever we need it.

8

To encourage more engagement and reflect the population, mental health services should actively seek to hire more practitioners and managers from black and minority communities.

9

Regular training should be given to mental health staff to remove any negative stereotypes and improve awareness and understanding of Manchester communities.

10

Provide clear information and videos about what your service can offer us, and simple explanations about how each of these can help.

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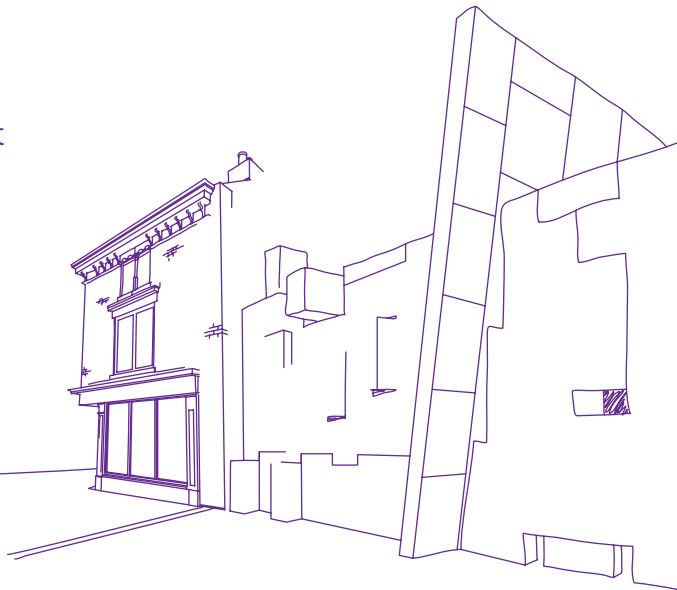
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## VISIT OUR WEBSITE:

[www.42ndstreet.org.uk](http://www.42ndstreet.org.uk)

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**42<sup>ND</sup> STREET**



Supporting young people under stress

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