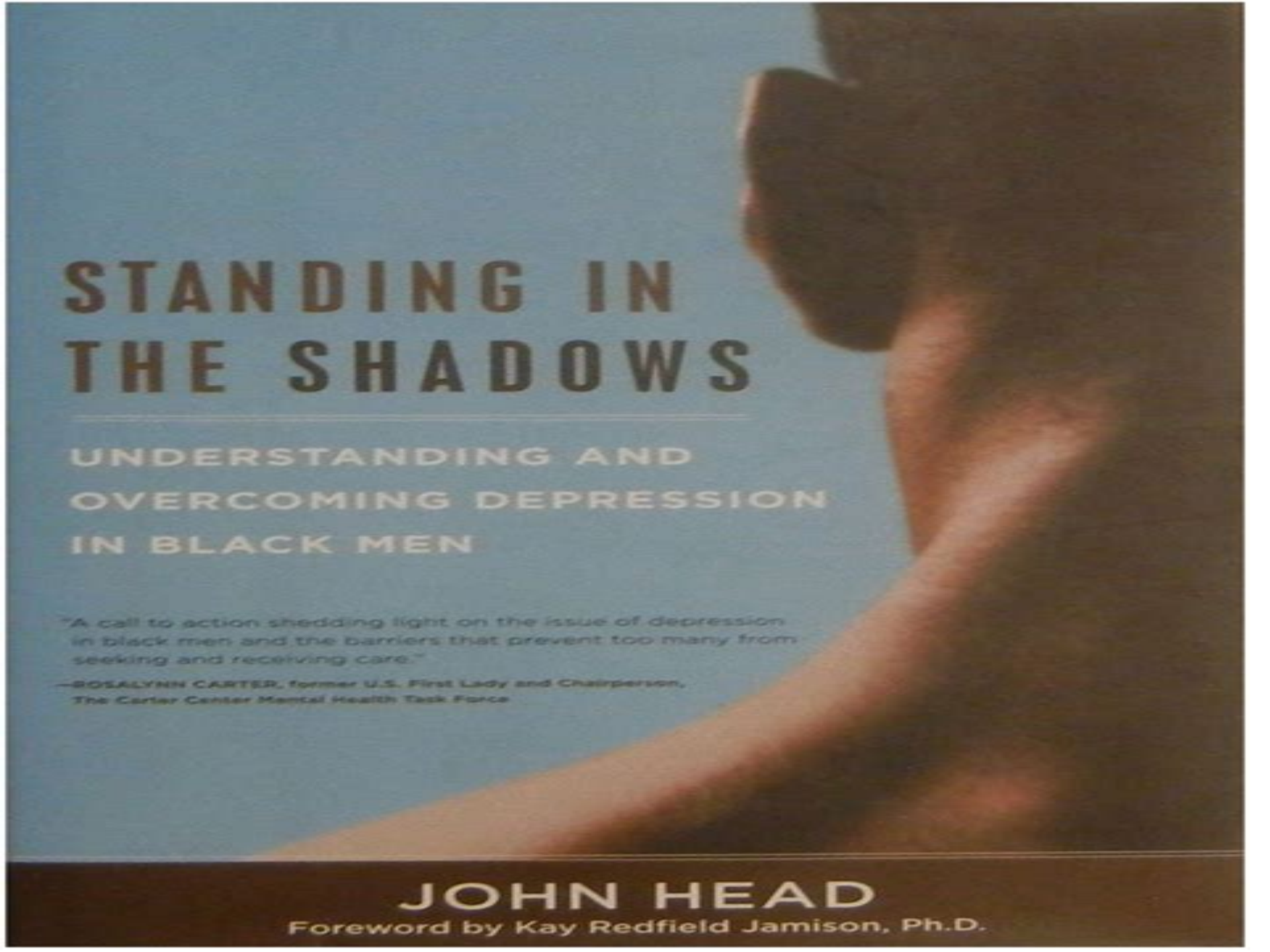




# STANDING IN THE SHADOWS

UNDERSTANDING AND  
OVERCOMING DEPRESSION  
IN BLACK MEN

"A call to action shedding light on the issue of depression in black men and the barriers that prevent too many from seeking and receiving care."

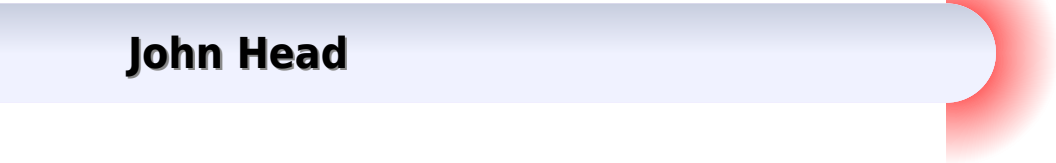
—ROSALYNN CARTER, former U.S. First Lady and Chairperson,  
The Carter Center Mental Health Task Force

**JOHN HEAD**

Foreword by Kay Redfield Jamison, Ph.D.

# Standing In The Shadows Understanding And Overcoming Depression In Black Men

**John Head**



## **Standing In The Shadows Understanding And Overcoming Depression In Black Men:**

Standing In the Shadows John Head, 2007-12-18 A first of its kind exploration of black men and depression from an award winning journalist The first book to reveal the depths of black men's buried mental and emotional pain Standing in the Shadows weaves the author's story of his twenty five year struggle with depression with a cultural analysis of how the illness is perceived in the black community and why nobody wants to talk about it In mainstream society depression and mental illness are still somewhat taboo subjects in the black community they are topics that are almost completely shrouded in secrecy As a result millions of black men are suffering in silence or getting treatment only in the most extreme circumstances in emergency rooms homeless shelters and prisons The neglect of emotional disorders among men in the black community is nothing less than racial suicide John Head's explosive work Standing in the Shadows addresses what can be done to help those who need it most In this groundbreaking book veteran journalist and award winning author John Head argues that the problem can be traced back to slavery when it was believed that blacks were unable to feel inner pain because they had no psyche This myth has damaged generations of African American men and their families and has created a society that blames black men for being violent and aggressive without considering that depression might be a root cause The author also explores the roles of the black church the black family and the changing nature of black women in American culture as a way to understand how the black community may have unwittingly helped push the emotional disorders of African American men further underground As daring and powerful as Nathan McCall's *Makes Me Wanna Holler* Standing in the Shadows challenges both the African American community and the psychiatric community to end the silent suffering of black men by taking responsibility for a problem that's been ignored for far too long Additionally Standing in the Shadows gives women an understanding of depression that enables them to help black men mend their relationships their families and themselves

**Ethnicity and Family Therapy** Monica McGoldrick, Joe Giordano, Nydia Garcia Preto, 2005-08-18 This widely used clinical reference and text provides a wealth of knowledge on culturally sensitive practice with families and individuals from over 40 different ethnic groups Each chapter demonstrates how ethnocultural factors may influence the assumptions of both clients and therapists the issues people bring to the clinical context and their resources for coping and problem solving

Ebony, 2004-11 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine Black Men and Depression John Head, 2010-04-07 A call to action shedding light on the issue of depression in black men and the barriers that prevent too many from seeking and receiving care Rosalynn Carter former U S First Lady and chairperson The Carter Center Mental Health Task Force In mainstream society depression and mental illness are still somewhat taboo subjects in the black community they are topics that are almost completely shrouded in secrecy As a result millions of black men are suffering in silence or getting treatment only in extreme circumstances in emergency rooms homeless shelters and prisons The neglect of

emotional disorders among men in the black community is nothing less than racial suicide In this groundbreaking book veteran journalist and award winning author John Head argues that the problem can be traced back to the time of slavery when it was believed that blacks were unable to feel inner pain because they had no psyche This myth has damaged generations of African American men and their families creating a society that blames black men for being violent and aggressive without considering that depression might be a root cause Black Men and Depression challenges the African American community and the psychiatric community to end the suffering of black men and address what can be done by loved ones to help those who need it most Previously published as Standing in the Shadows *The Black Woman's Guide to Black Men's Health* Andrea King Collier, Willarda V. Edwards, 2009-09-26 Studies show that black men are more likely to seek medical attention follow a healthy diet and take prescribed medications if there is a woman in their lives In short black women play a key role in keeping their men healthy The first of its kind THE BLACK WOMAN'S GUIDE TO BLACK MEN'S HEALTH is a comprehensive guide packed with valuable medical information prescriptive advice and personal stories from celebrity and non celebrity women about their men's health issues Divided into chapters covering key health issues that overwhelmingly affects black men including prostate and colon cancer obesity diabetes and substance abuse to name a few this book provides strategies for building healthy partnerships within the home and community as well as invaluable guidance for finding the right healthcare and health insurance providers *Black Pain* Terrie M. Williams, 2009-01-06 Terrie Williams knows that Black people are hurting She knows because she's one of them Terrie had made it she had launched her own public relations company with such clients as Eddie Murphy and Johnnie Cochran Yet she was in constant pain waking up in terror overeating in search of relief For thirty years she kept on her game face of success exhausting herself daily to satisfy her clients needs while neglecting her own Terrie finally collapsed staying in bed for days She had no clue what was wrong or if there was a way out She had hit rock bottom and she needed and got help She learned her problem had a name depression and that many suffered from it limping through their days hiding their hurt As she healed her mission became clear break the silence of this crippling taboo and help those who suffer Black Pain identifies emotional pain which uniquely and profoundly affects the Black experience as the root of lashing out through desperate acts of crime violence drug and alcohol abuse eating disorders workaholism and addiction to shopping gambling and sex Few realize these destructive acts are symptoms of our inner sorrow Black people are dying Everywhere we turn in the faces we see and the headlines we read we feel in our gut that something is wrong but we don't know what it is It's time to recognize it and work through our trauma In Black Pain Terrie has inspired the famous and the ordinary to speak out and mental health professionals to offer solutions The book is a mirror turned on you Do you see yourself and your loved ones here Do the descriptions of how the pain looks feels and sounds seem far too familiar Now you can do something about it Stop suffering The help the community needs is here a clear explanation of our troubles and a guide to finding relief through faith therapy diet and exercise as well as

through building a supportive network and eliminating toxic people Black Pain encourages us to face the truth about the issue that plunges our spirits into darkness so that we can step into the healing light You are not on the ledge alone A *Gift Grows in the Ghetto* Jay-Paul Michael Hinds,2022-10-25 In his classic essay Of Our Spiritual Strivings W E B Du Bois asks how does it feel to be a problem This question has become a means of diagnosing the lived experience of Black men particularly in America s most neglected and feared environment the ghetto What is often overlooked however is the vital role that spirituality has in remedying the problem A Gift Grows in the Ghetto examines how not being in relationship with one s gift can lead to feelings of despair entrapment and abandonment all of which contribute to Black men feeling as though they are nothing more than a problem By utilizing the biblical story of Ishmael s miraculous survival growth and giftedness in the wilderness the book encourages Black men to embrace a life of faith that is dependent on the God who always sees nurtures and is in relationship with us and our gifts in the wilderness and the ghetto **Care for the Mental and Spiritual**

**Health of Black Men** Nicholas Grier,2019-11-01 Black men need hope to survive and ultimately flourish As mental health is a critical but often neglected issue especially among Black men Care for the Mental and Spiritual Health of Black Men examines that sensitive topic in conjunction with reflections on race gender sexuality and class to offer a hopeful and constructive framework for care and counseling particularly for Black men These are not separate from spiritual health and growth as well but both are integral to holistic dynamic wellbeing In this the author provides a careful and critical analysis of spiritual hope and healing as ingredient to individual and communal flourishing As such this volume will be a vital resource for health practitioners spiritual caregivers and providers in community care who serve to bolster the mental wellbeing of Black men *Higher Hopes: a Black Man's Guide to College* R.D. Smith,2012-08-17 For many college is their first chance at

life without a guide or instruction manual There is great room to succeed as well as fail How can you approach your college career with the right tools insights and tips to succeed In Higher Hopes the author meticulously covers every aspect of your college journey from academics to relationships to studying abroad to dealing with race and class issues Far from telling you to just do your homework and obey the rules Higher Hopes outlines the hidden lessons and sometimes painful learnings that can make college not only an accomplishment but a triumph Shadows in the Sun Gayathri Ramprasad,2014-02-11

Presents a first of its kind cross cultural lens to mental illness through the inspiring story of Gayathri s thirty year battle with depression This literary memoir takes readers from her childhood in India where depression is thought to be a curse to life in America where she eventually finds the light within by drawing on both her rich Hindu heritage and Western medicine to spare As a young girl in Bangalore Gayathri was surrounded by the fragrance of jasmine and flickering oil lamps her family protected by Hindu gods and goddesses But as she grew older demons came forth from the dark corners of her idyllic kingdom with the scariest creatures lurking within her The daughter of a respected Brahmin family Gayathri began to feel different I can hardly eat sleep or think straight The only thing I can do is cry unending tears Her parents insisted it was all

in her head Because traditional Indian culture had no concept of depression as an illness no doctor could diagnose and no medicine could heal her mysterious malady This memoir traces Gayathri s courageous battle with the depression that consumed her from adolescence through marriage and a move to the United States It was only after the birth of her first child when her husband discovered her in the backyard clawing the earth furiously with my bare hands intent on digging a grave so that I could bury myself alive that she finally found help After a stay in a psych ward she eventually found the light within an emotional and spiritual awakening from the darkness of her tortured mind Gayathri s inspiring story provides a first of its kind cross cultural view of mental illness how it is regarded in India and in America and how she drew on both her rich Hindu heritage and Western medicine to find healing

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## **Table of Contents Standing In The Shadows Understanding And Overcoming Depression In Black Men**

1. Understanding the eBook Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - The Rise of Digital Reading Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Advantages of eBooks Over Traditional Books
2. Identifying Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Standing In The Shadows Understanding And Overcoming Depression In Black Men

- User-Friendly Interface
- 4. Exploring eBook Recommendations from Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Personalized Recommendations
  - Standing In The Shadows Understanding And Overcoming Depression In Black Men User Reviews and Ratings
  - Standing In The Shadows Understanding And Overcoming Depression In Black Men and Bestseller Lists
- 5. Accessing Standing In The Shadows Understanding And Overcoming Depression In Black Men Free and Paid eBooks
  - Standing In The Shadows Understanding And Overcoming Depression In Black Men Public Domain eBooks
  - Standing In The Shadows Understanding And Overcoming Depression In Black Men eBook Subscription Services
  - Standing In The Shadows Understanding And Overcoming Depression In Black Men Budget-Friendly Options
- 6. Navigating Standing In The Shadows Understanding And Overcoming Depression In Black Men eBook Formats
  - ePub, PDF, MOBI, and More
  - Standing In The Shadows Understanding And Overcoming Depression In Black Men Compatibility with Devices
  - Standing In The Shadows Understanding And Overcoming Depression In Black Men Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Highlighting and Note-Taking Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Interactive Elements Standing In The Shadows Understanding And Overcoming Depression In Black Men
- 8. Staying Engaged with Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Standing In The Shadows Understanding And Overcoming Depression In Black Men
- 9. Balancing eBooks and Physical Books Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Standing In The Shadows Understanding And Overcoming Depression In Black Men



10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Setting Reading Goals Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Fact-Checking eBook Content of Standing In The Shadows Understanding And Overcoming Depression In Black Men
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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