

The Black Man's Playbook to Managing Being Sidelined by Mental Illness

By Dr. Charles W. Smith

Mental illness is a serious problem that affects millions of people around the world, including many Black men. In the United States, Black men are more likely to experience mental health problems than white men, and they are also more likely to be diagnosed with serious mental illnesses such as schizophrenia and bipolar disorder.



Injured Reserve: A Black Man's Playbook To Manage Being Sidelined By Mental Illness by Rwenshaun Miller

★★★★☆ 4.6 out of 5

Language : English
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Text-to-Speech : Enabled
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Word Wise : Enabled
Print length : 93 pages



Mental illness can have a devastating impact on a person's life, leading to problems with work, relationships, and overall well-being. For Black men, these problems can be compounded by the stigma associated with mental illness in the Black community.

The Black Man's Playbook to Managing Being Sidelined by Mental Illness is a groundbreaking book that offers hope and guidance to Black men who

are struggling with mental health issues. Written by Dr. Charles W. Smith, a psychiatrist and mental health advocate, the book provides practical advice on how to manage mental illness, cope with the stigma, and build a fulfilling life.

The book is divided into three parts. Part 1 provides an overview of mental illness, including the different types of mental illnesses, the symptoms, and the causes. Part 2 offers practical advice on how to manage mental illness, including how to find a therapist, how to take medication, and how to cope with difficult emotions.

Part 3 addresses the stigma associated with mental illness in the Black community. Dr. Smith discusses the reasons why Black men are less likely to seek help for mental health problems, and he offers strategies for overcoming the stigma.

The Black Man's Playbook to Managing Being Sidelined by Mental Illness is a valuable resource for Black men who are struggling with mental health issues. The book provides practical advice, hope, and guidance, and it can help Black men to build a fulfilling life despite their mental health challenges.

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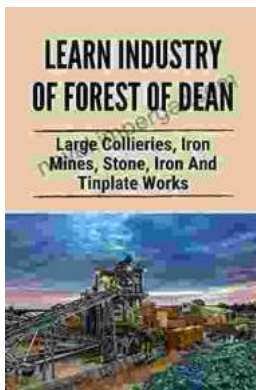
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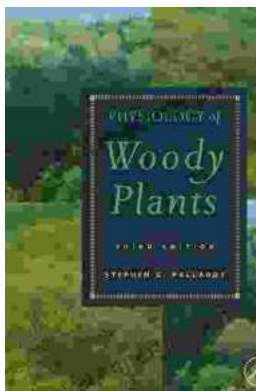


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