

Barriers to Accessing Mental Health Services

Introduction

- The mission at Her Health First (HHF) is to promote health equity for women in Sacramento County. They provide support programs that serve women of color during all stages of life
- Black Mothers United (BMU) provides support, education, and resources to expecting African American mothers with the goal to reduce preterm labor and low birth weight in newborns

Current Challenge

- African American women are at higher risk for developing mental illness due to risk factors such as low income, poor health, multiple role strains, and double minority status from race and gender
- The project goal was to identify barriers preventing pregnant mothers from seeking mental health services
- The results will help gather information on how to increase the rate of mental health referrals and follow-up appointments within the BMU program



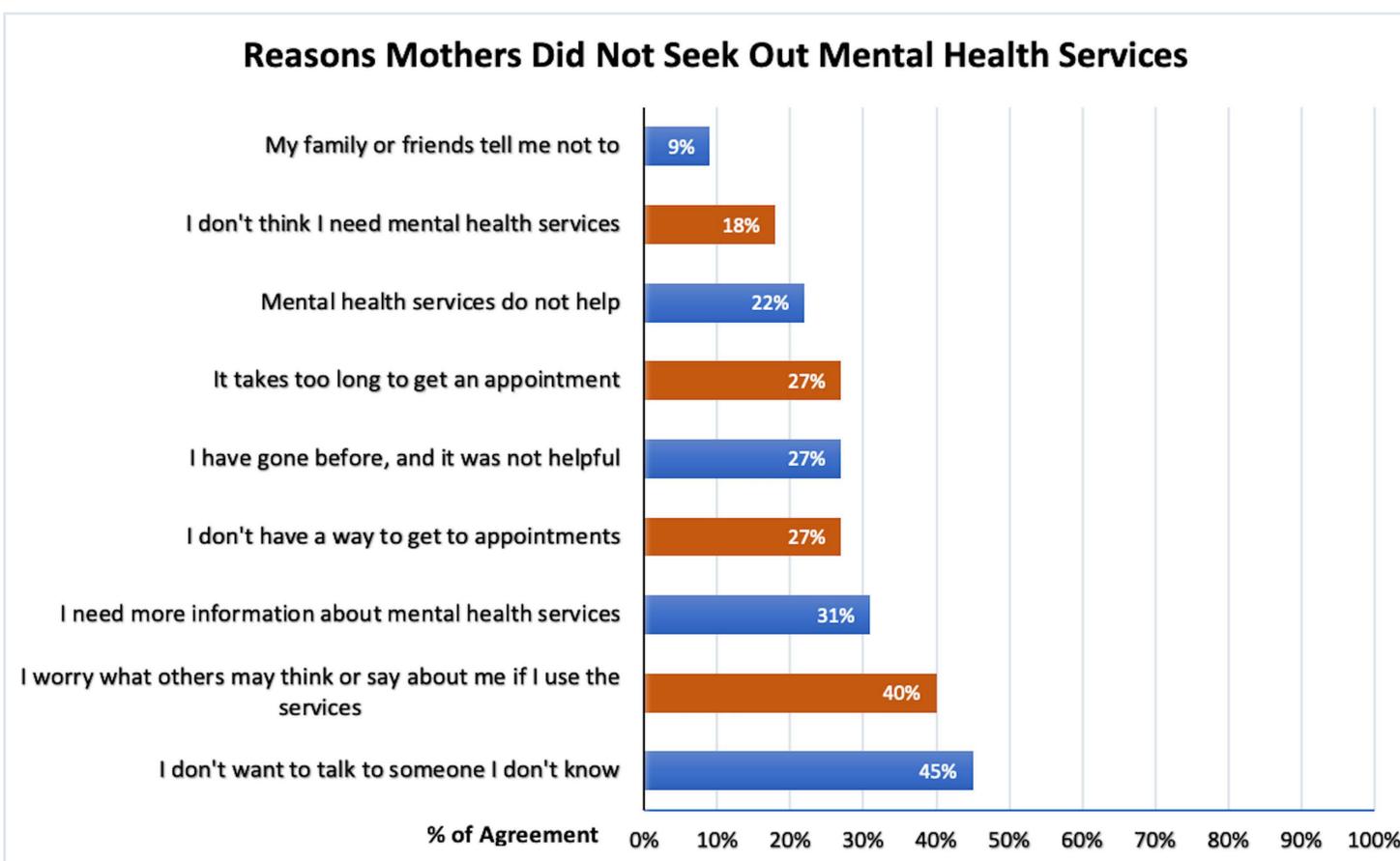
Project Description

- Mixed Methods study
- Focus Group
- Written Survey
- 22 mothers participated

Results

Focus Group Themes:

1. Lack of trust in Mental Health Personnel or Mental Health System
2. Fear of Judgement
3. Belief that Mental Health Care is Not Helpful



Recommendations

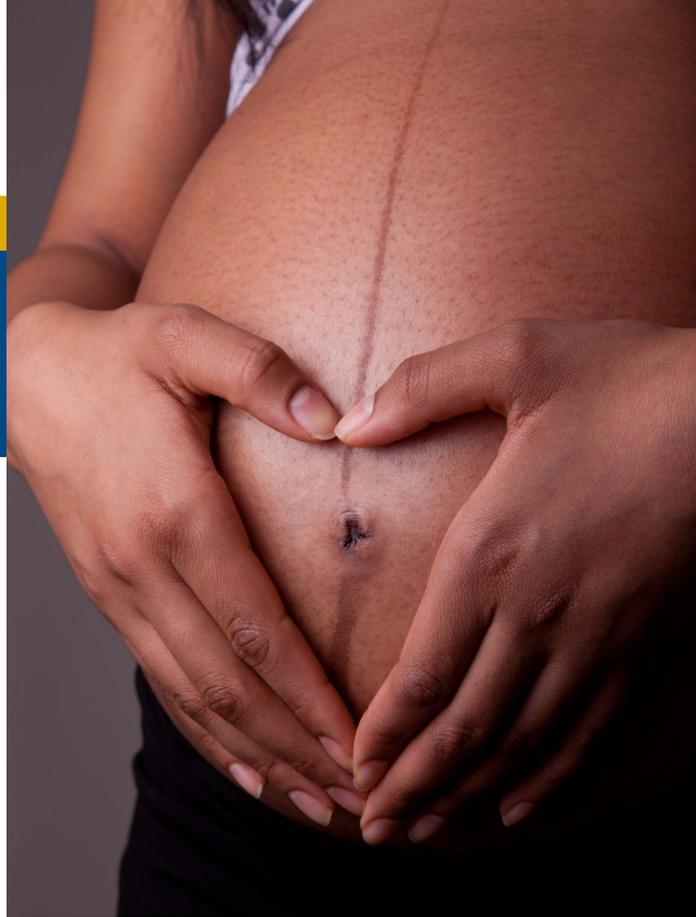
- Compile a list of African American Mental Health providers to recommend for clients
- Provide more information about mental health care and services through educational handouts or Mommy Mingle meetings
- Offer mental health referral to all clients

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Reasons Mothers Did Not Seek Out Mental Health Services

