



Black Thrive Haringey

Mental Health of the Black Community in Haringey

September 2024

ciru

About this report

Black Thrive Global has been working with diverse partners since 2016 to address the inequalities that Black people face throughout their lives which negatively impact their mental health and wellbeing. These include poor experiences and outcomes in education, employment, housing, health, social care, and the criminal justice system.

Black Thrive Haringey seeks to continue to deliver the vision of Black Thrive Global and work collaboratively with people, projects, and organisations in Haringey to improve outcomes for all black communities in Haringey; with a mission to embed race equity in systemic change so that thriving for black people is the norm in Haringey. A key aspect of this is the development and delivery of community led research to better inform policy and investing in future generations by supporting Black people in leadership roles.

It is within the above context that Black Thrive Haringey commissioned North London Partnership Consortium Limited (NLPC Ltd) through its Community Information and Research Unit (CIRU) brand to undertake community peer-led research consultation examining aspects that would improve the mental health and wellbeing of black communities in Haringey. The emphasis was on facilitating a research consultation with local residents, including young people, and for them to be prominent in determining the research brief; training them as peer researchers; supporting them to develop the research questionnaires and focus group and supporting/coordinating their engagement as paid community peer researchers to enable aspects of the research filed work. This enabled a research consultation informed, co-designed and co-delivered by local residents.

We would like to extend our thanks and gratitude to all the local residents that participated as community peer researchers – their committed engagement with this research consultation enabled the realisation of this report.

John Egbo
Director - NLPC Ltd / CIRU

Principal Research coordinator
John Egbo : Director NLPC Ltd / CIRU

For Further Information

This report: Mental Health of the Black Community in Haringey – including the causes, the stigmatisation and the impact of the police – September 2024 , is published by CIRU – a division of NLPC Ltd on behalf of Black Thrive Haringey.

ISBN 9781-9162597-5-1

CIRU

c/o NLPC Ltd

The NRC, 177 Park Lane

London N17 0HJ

Tel: 020 8885 1252

Email: publications@nlpcLtd.com

Contents

Introduction	4.
Key findings	6.
Recommendations	8.
Aims	11.
Approach	12.
Part 1: Mental health in the Black community of Haringey	16.
Part 2: Designing a mental health service for Black people	28.

Introduction

Black Thrive Haringey is committed to dismantling systemic racism and ensuring that our Black community in Haringey and beyond has the opportunity to thrive. We know that the Black community in Haringey faces a disproportionate impact from mental health challenges and enduring health inequalities. Our work is grounded in addressing these systemic issues, guided by and responsive to the voices of our community.

In Haringey, the statistics are stark: Black residents are four times more likely to be sectioned under the Mental Health Act than their white counterparts and eight times more likely to receive a community treatment order upon re-entering the community. The impact of these disparities goes beyond the numbers, affecting lives, families, and community well-being. We are also acutely aware of the stigma that our Black community members encounter when discussing mental health and attempting to access support, which can add yet another barrier to care.

To address these challenges meaningfully, we commissioned a Community Peer Research project. Led by insights and experiences from our Black community, this project set out to identify the needs and barriers that impact access to mental health support. Through a collaboration with NLPC, CIRU, and over 20 trained community peer researchers, we engaged directly with the community to hear their perspectives on mental health services and support.

This report presents the findings of a year-long effort, capturing the voices and experiences of over 350 Black community members in Haringey. We hope that this research will not only shed light on the challenges but also pave the way for solutions that empower and uplift our community.

Lynette Charles

CEO -Mind in Haringey & Chair of Mind in London
Black Thrive Haringey Lead



Key findings

The peer researchers discussed the findings from the survey and voted on what they thought were the key findings:

1. The experience of racism, both directly and systemically, negatively impacts on the mental health of Black people in Haringey.

Half of respondents (48.2%) agreed (38.1%) or strongly agreed (10.1%) with the statement “I have experienced racism in Haringey that has negatively impacted my mental health.” In focus groups participants spoke about the trauma of early experience of racism, as well as the ongoing racism in the workplace, which impacted on mental health.

2. A stigmatisation of mental health in the Black community, coupled with a sense of pride, is often a barrier for many seeking support for their mental health.

A majority (51.6%) of respondents agreed (37.4%) or strongly agreed (14.2%) with the statement “Black people don’t want to reach out for mental health support because of the stigma around it”, while a similar majority (58.8%) said pride was important (36.9%) or very important (21.9%) in stopping people from seeking mental health support.

3. The police in Haringey were seen as treating mental health issues in the Black community differently to other ethnicities.

The majority (70.4%) of respondents said that they felt the police treat people with mental health issues in the Black community differently to other ethnicities. Participants in focus groups felt unfair treatment from the police also extended to how mental health issues were dealt with.

4. The police in Haringey need to have additional training to recognise and support Black people with mental health issues.

A majority (73.2%) of respondents agreed (45.1%) or strongly agreed (28.1%) with the statement: “The police in Haringey need more training around recognising and supporting Black people with mental health issues”.

5. Many Black people in Haringey still don’t know where to get mental health support, requiring more signposting to services in their local spaces.

Over half (51.8%) agreed (44.3%) or strongly agreed (7.5%) with the statement “I know where to reach out for support for my mental

health and wellbeing.” Services need to be advertised more locally, in community spaces, and on social media.

6. The experience of those who had accessed mental health service was good, however many felt that they had experienced racism or discrimination from a mental health professional.

Of those who had experience of mental health services (202 respondents, 52.1%), around one in five (22.7%) had a bad (15.8%) or a very bad (6.9%) experience.

However, around half (48.5%) said that they had experienced either racism or discrimination from a mental health professional.

7. Mental health services should provide one to one counselling, group therapy, and medication, as well as support for family issues. Many also want less formal support, like advice and guidance, or someone to speak to.

Respondents most commonly said they wanted one to one counselling (54.6%), followed by group therapy (33.5%), medication for mental health (26.5%), and seeking a nurse/doctor for diagnosis (25%).

Half of respondents (53.4%) also said that they were interested in support from the NHS for family issues, for example family therapy or counselling. In focus group, participants also talked about the need for less formal support, such as advice and guidance, resources, and someone just to listen.

8. Many Black people want to see mental health professionals that look like them, whether that be ethnicity or gender.

Less than half (47.7%) of respondents said that it was either important (32.5%) or very important (15.2%) that the mental health professional they see also be Black. A similar proportion (47.4%) said that it was either important (36.3%) or very important (10.1%) that the mental health professional they see be the same gender as them.