




Black Women and Stereotypes that Affect Mental Health






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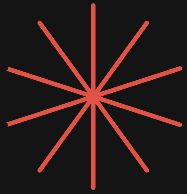




PRIMARY SOURCE

Stereotype of a strong Black women





PRIMARY SOURCE:

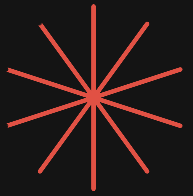
BASIC BREAKDOWN:

- Please Mammy
- Strong Women Stereotype
- Meaning of “Mammy”
- Inspired by Domestic workers



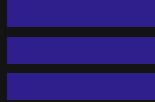

“PLEASE MAMMY” - 1889

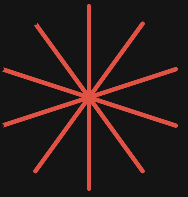




CLAIM:

The “strong Black woman” stereotype has affected Black women’s mental health status, not just during slavery, but had extended to Black women’s mental health today because society has set this pedestal for them thinking that the stereotype is uplifting and empowering for women, but what society doesn’t realize is how offensive and stereotypical it is.





SECONDARY SOURCES

3 Secondary Sources...



1st SECONDARY SOURCE:



Looking at other factors that caused mental health for Black women...

Table 1



2nd SECONDARY SOURCE:

ANGRY BLACK WOMEN:

WAYS SOCIETY DESCRIBES ANGRY BLACK WOMEN:

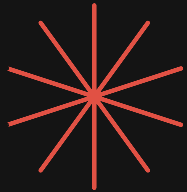
- LOUD
- AGGRESSIVE
- SENSITIVE
- IRRATIONAL
- ANGRY
- DEFENSIVE



3rd SECONDARY SOURCE:

Understanding the Importance of Black Women's Mental Health...

- Lack of Culturally Competent Care
- Racism and Discrimination
- Stigmas About Mental Health
- Economic Resources



TAKEAWAY:

- Consider Black women's Health today...
- Commodified value vs Soul value
- Understanding the different meanings between the "Strong Black Women Stereotype"
- Black women are still suffering, it doesn't simply go away

THANKS FOR LISTENING!

CITATIONS:

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- *“Chicago Manual of Style 17th Edition.” Chicago Manual of Style 17th Edition - Purdue OWL® - Purdue University. Accessed November 16, 2022.*
https://owl.purdue.edu/owl/research_and_citation/chicago_manual_17th_edition/cmos_for_matting_and_style_guide/chicago_manual_of_style_17th_edition.html.
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- *King , Chrissy. The Mental Health Cost of Being a Black Woman In America, November 9, 2021.*
- *“Why Black Women’s Mental Health Is More Important than Ever before: Bestcolleges.” BestColleges.com, July 6, 2022.*
<https://www.bestcolleges.com/blog/black-womens-mental-health/>.
- *Manke , Kara.*
https://greatergood.berkeley.edu/article/item/how_the_strong_black_woman_identity_both_helps_and_hurts#thank-influence, December 5, 2019.

QUESTIONS?

