How Do I Know If I Have a Mental Illness?

A Handbook Written by African-American Psychiatrists for African-American People

This book is written to answer many questions that the public is too often afraid to ask. It is specifically written for patients, families, caregivers, and the general public in order to demystify mental illness to those who are directly impacted. People are hesitant and fear mental illness, mental health providers and the treatments we provide. This book is written in a question and answer format from the patient’s perspective in hopes to bridge the gap between psychiatry and the community. The vast majority of psychiatric books are written for other mental health professionals and not for the public to understand or grasp. This book is very much different.

This book is MENTAL HEALTH FOR THE PEOPLE!

*“Shedding light on mental illness and what can be done about it, this welcome resource will help reduce the lingering stigma associated with mental health concerns in the black community. It is a must-have guide for the library of every African American household.”*

Annelle B. Primm, M.D., MPH, Former Deputy Medical Director, American Psychiatric Association

*“Informative, engaging, and practical…this book opens the door for the public to better understand mental health and psychiatry. It is a must for all families and their loved ones who struggle with mental health issues.”*

Stephen McLeod-Bryant, M.D., Immediate Past Representative to the American Psychiatric Association Assembly, Caucus of Black Psychiatrists