

BLACK FAMILIES, spend National Mental Health Month breaking through the historic roadblocks to progressive mental hygiene among yourselves by keying in on the following constructive strategies:



*Taking frankly, honestly and openly about mental I'll need in your family and listen thoroughly to each other on the matter. Yelling at each other and over each other and cutting each other is neither love nor a healthy expression of love. For the basis of love is respect.;

*Overstanding that consulting a counselor or psychoanalyst is called getting help and NOT "bringing strangers into our business.;

*Overstanding mental illness is not an STD and does not make you a leper or pariah.;

*Leave testing and treatment of mental illness to licensed professionals who won't worsen mental hygiene in your family by tinkering around.;

*Writing a pathological chart of your family's mental hygiene history with notes on how certain incidents we're or weren't addressed.;

*Making the World's Greatest Generation overstand that baby boomer family members have mental gerontological issues that need to be addressed quite often.;

*Making elders overstand that being an embyro carrier, sperm donor or 20+ years your senior doesn't give them the right and entitlement to abuse other family members.;

*Reminding elders who insist on defending their mental hygiene trashing mess with Scripture about honoring parents that Scripture also says that parents need to give their children the same respect they expect of their children.