



## BARNSLEY MENTAL HEALTH SUPPORT TEAM

# BLACK HISTORY MONTH

2022 THEME: TIME FOR CHANGE: ACTION NOT WORDS

October of every year is Black History Month (BHM) in the U.K. We use Black History Month to celebrate, acknowledge, educate and raise awareness of the struggles and achievements of black people through history.

AS A YOUNG PERSON FROM A BLACK ASIAN MINORITY ETHNIC (B.A.M.E) BACKGROUND YOU MIGHT HAVE DIFFERENT LIFE EXPERIENCES TO OTHERS AROUND YOU AND AT TIMES THIS CAN BE DIFFICULT TO TALK ABOUT. ALONG WITH BHM, OCTOBER IS ALSO MENTAL HEALTH MONTH. FOR THIS BLACK HISTORY MONTH WE ARE ENCOURAGING YOU TO TAKE CARE OF YOUR MENTAL HEALTH AND SHARE WHERE YOU CAN GO FOR SUPPORT.



01904 666371



INFO.BARNSLEYMHST@COMPASS-UK.ORG

http://



COMPASS-UK.ORG

TO SHOW YOUR SUPPORT ON SOCIAL MEDIA  
#COMPASSBEPROUD





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For help, support and information you can follow the links below:

<https://www.youngminds.org.uk/>

<https://www.nhs.uk/mental-health/children-and-young-adults/>

<https://www.childline.org.uk/get-support/contacting-childline/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

Text 'SHOUT' to 85258



01904 666371



[INFO.BARNSLEYMHST@COMPASS-UK.ORG](mailto:INFO.BARNSLEYMHST@COMPASS-UK.ORG)

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