

Shifting the Dial

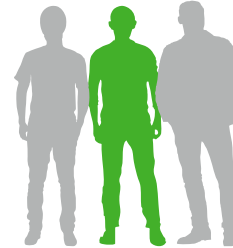


Young Black men face multiple mental health inequalities, with bigger risks from experiences of racism, discrimination and trauma. Yet their needs are often overlooked or misunderstood.

Shifting the Dial is an innovative three-year partnership project involving **First Class Foundation**, **Centre for Mental Health**, **The Rep**, and **Birmingham and Solihull Mental Health NHS Foundation Trust**.



Through the **Dear Youngers** programme (of mentoring workshops) and **Lightpost Theatre** (creative arts activities) it reached more than 500 young Black men in Birmingham as well as system leaders and decision-makers.



Men from 'Black, Asian and Minority Ethnic' backgrounds reported a **14% deterioration in mental health** during the pandemic, while white men reported a deterioration of 6.5%.

(Proto et al., 2021)

“Here isn’t a club, like an activity at school, it’s something more than that and it brings me happiness, in a way I can’t contain. It really changes my mood.”

The **Shifting the Dial** report is an evaluation of the project, with much of the research conducted by peer researchers.



Key finding

Shifting the Dial enabled young men to boost their wellbeing, gain confidence and learn new skills during a period of extreme adversity (the pandemic and following the murder of George Floyd).

We're calling for

Government, the NHS and charitable funders to take steps to boost young Black men's mental health; this must include tackling racism and racial injustice as well as investing in communities and working in partnership with young men.

“This is counselling without being labelled as counselling, which removes the stigma behind seeking help.”



Want to learn more or need support?

First Class Foundation
www.firstclassnation.com

Lightpost Theatre Company
www.lightpost.co.uk

Forward Thinking Birmingham
www.forwardthinkingbirmingham.nhs.uk

Black Minds Matter
www.blackmindsmatteruk.com

Black Thrive
www.blackthrive.org

Mind
www.mind.org.uk

Centre for Mental Health
Shifting the Dial
Evaluating a community programme to promote young Black men's mental health
Androulla Harris and Kadra Abdinear



Find out more in our report:

centreformentalhealth.org.uk/publications/shifting-dial

“I am able to understand how to let go [of worries], understand how to let someone in, trust somebody.”

