

Mental health inequalities in African Caribbean Communities

About

Dr Myrtle Emmanuel and Dr Dave Hockham have collaborated with the Arts and Humanities Research Council (AHRC) to present critical research on supporting African Caribbean Mental Health. This work addresses mental health inequalities faced by African Caribbean communities, particularly in the context of the global climate crisis, which disproportionately impacts marginalised populations.



Work

Myrtle and Dave's approach emphasises the importance of equitable partnerships in mental health projects. By recognising the lived experiences of African Caribbean individuals, she advocates for a shift in power dynamics within research and healthcare interventions. Their work challenges top-down approaches and prioritises co-creation, ensuring that affected communities play an active role in shaping mental health solutions tailored to their unique needs.

This project's intersection with the climate agenda is crucial. Environmental stressors linked to climate change exacerbate mental health issues in vulnerable populations. Myrtle and Dave's work sheds light on the intersection of social justice, mental health and climate change, promoting interdisciplinary collaboration as a way to mitigate these intertwined crises.

By championing lived experience, this work offers a model for community-driven solutions that acknowledge the environmental and social dimensions of mental health.

SDGs



[Watch the research film here](#)



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