

MENTAL HEALTH & BLACK FAMILIES

Inspired by candid conversations with the cast of *That Girl Lay Lay*, Nickelodeon is highlighting the importance of mental health for kids and families in the Black community. Nick is grateful to partner with Licensed Family Therapist **Dr. George James** to offer a list of resources that empower parents and caregivers to prioritize their families' mental well-being. These resources build upon the strengths and resilience of Black families and provide support as they continue to navigate the negative attitudes and beliefs (stigma) surrounding mental health. Also included are videos, tools, and tips to keep families' minds healthy, build kids' voices and confidence, and celebrate Black joy and excellence.



Taking care of your mind is just as important as taking care of your body. It can start with a simple conversation about how you and others are feeling. Talking openly and honestly about how you feel can be difficult, but it is important to remember that mental health affects everyone - even your favorite Nickelodeon stars. Listen as **cast members** Lay Lay, Gabrielle Green, Tiffany Daniels, Thomas Hobson, and Peyton Perrine III sit down and open up about what mental health means to them, why it's important to talk about, what they do to feel better, and how they prioritize their well-being.

Even small, mindful actions can have a big impact on our mental health and well-being. When adults in a family initiate self-care, they are modeling positive habits for their kids. Here are a few ways you and your kids can practice together:

- Check in with how you're feeling regularly and set aside moments for self-care. Encourage your family to do the same. Self-care can look like reading a good book, snuggling with a pet, going for a walk, or doing some deep breathing. **Practice deep (sea) breathing** with Patrick Star or build a weekly self-care routine with Nick Helps' **Self-Care Checklist**.
- Connect with one another. Social support from family and friends helps maintain a sense of belonging and connectedness, can reduce stress, and increase feelings of happiness. Prioritize time to see, call, text, email, or video-chat your loved ones and create little pockets of time each day to spend together as a family. Join Monet, Naomi, and Tyaire here for **Sunday dinner**. In their families, Sunday dinner is a family tradition, time when they come together to connect with each other, eat together, and laugh together. Time spent playing, laughing, and talking helps build stronger, closer, and more supportive relationships.
- Listen to your inner voice and value your own thoughts and ideas. These are important parts of believing in and being true to yourself. **Affirmations** are powerful reminders of your unique gifts, strengths and abilities and can have a positive impact on how you feel—even in the face of self-doubt, anxiety or other difficult emotions. Check out this father-daughter duo saying their daily affirmations, then create and practice your own as a family: We are strong. We are brave. We are kind. **We are like nobody else.**
- Celebrate Black joy and excellence by letting your family's **sun shine bright**. Spend some time exploring **Nickelodeon's Little Lens** series, featuring Black kids sharing what makes them and their families special. Then, talk about what makes your family special and share your hopes and dreams for the future by creating a **vision board** together.

Find strategies for starting these kinds of conversations with your kids with [resources](#) from the Boys & Girls Clubs of America and On Our Sleeves: The Movement for Children's Mental Health.



Dr. George James shares:

Taking care of our mental health and practicing mental wellness helps all of us to be at our best. Children pay attention to the examples they see around them from family members, school, sports, faith, and to what they see on television. Changing the message from ignoring mental health to acknowledging it and the ways to take care of our mental and emotional well-being helps kids now, and for generations to come.

Additional Resources on Black Families' Mental Health:

[Black Communities and Mental Health](#)
[Racial Stress and Self-Care: Parent Tools](#)
[Self-Care for Black Families](#)
[Mindfulness for Kids and Teens](#)
[Black Kids Do Yoga](#)

Check out these great children's books at your local library:

I AM...: Positive Affirmations for Brown Boys, by **Ayesha Rodriguez**
I Am Smart, I Am Blessed, I Can Do Anything! by **Alissa Holder**
I Am One of a Kind: Positive Affirmations for Brown Girls, by **Aaliyah Wilson**
Our Family's Doing Yoga, by **SonJoria Sydnor**
Chocolate Me! by **Taye Diggs**
Full, Full, Full of Love, by **Trish Cooke**
Brown Boy Joy, by **Dr. Thomishia Booker**
I Am Every Good Thing, by **Derrick Barnes and Gordon C. James**
I Am Enough, by **Grace Byers and Keturah A. Bobo**
All Because You Matter, by **Tami Charles and Bryan Collier**
39 Lessons for Black Boys & Girls, by **Kenn Bivins**
Black Boy Joy: 17 Stories Celebrating Black Boyhood, edited by **Kwame Mbalia**

Want to learn more? Nick is here to help.

[NickHelps.com](#)
for kids of all ages

[NickParents.com](#)
for parents and caregivers

[NickCommunity.com](#)
for youth organizations and educators

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