



Unashamed yet Unsupported

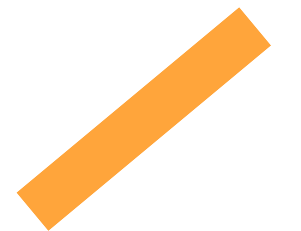
Mercy Shibemba

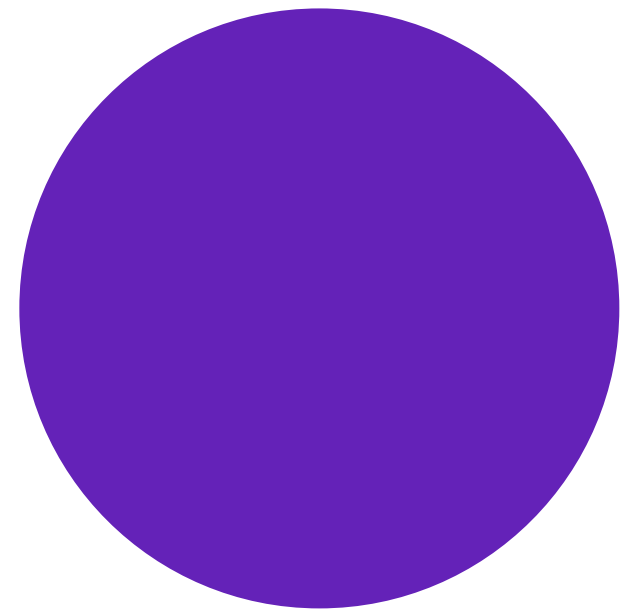


Hi, I'm Mercy



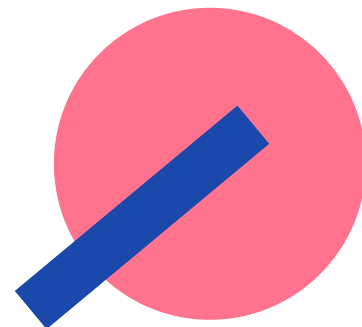
- I have 8 years of experience in global advocacy for children and young people
- I'm a grantmaker
- I'm a Non-Executive Director
- I'm a writer and speaker

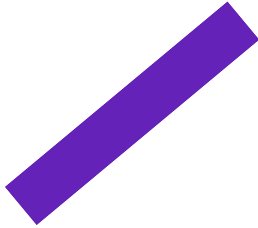




Types of Stigma

- Public stigma
- Self-stigma
- Perceived stigma
- Structural stigma
- Stigma by association

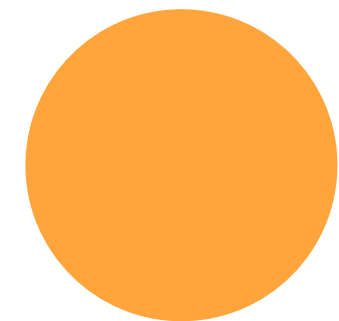


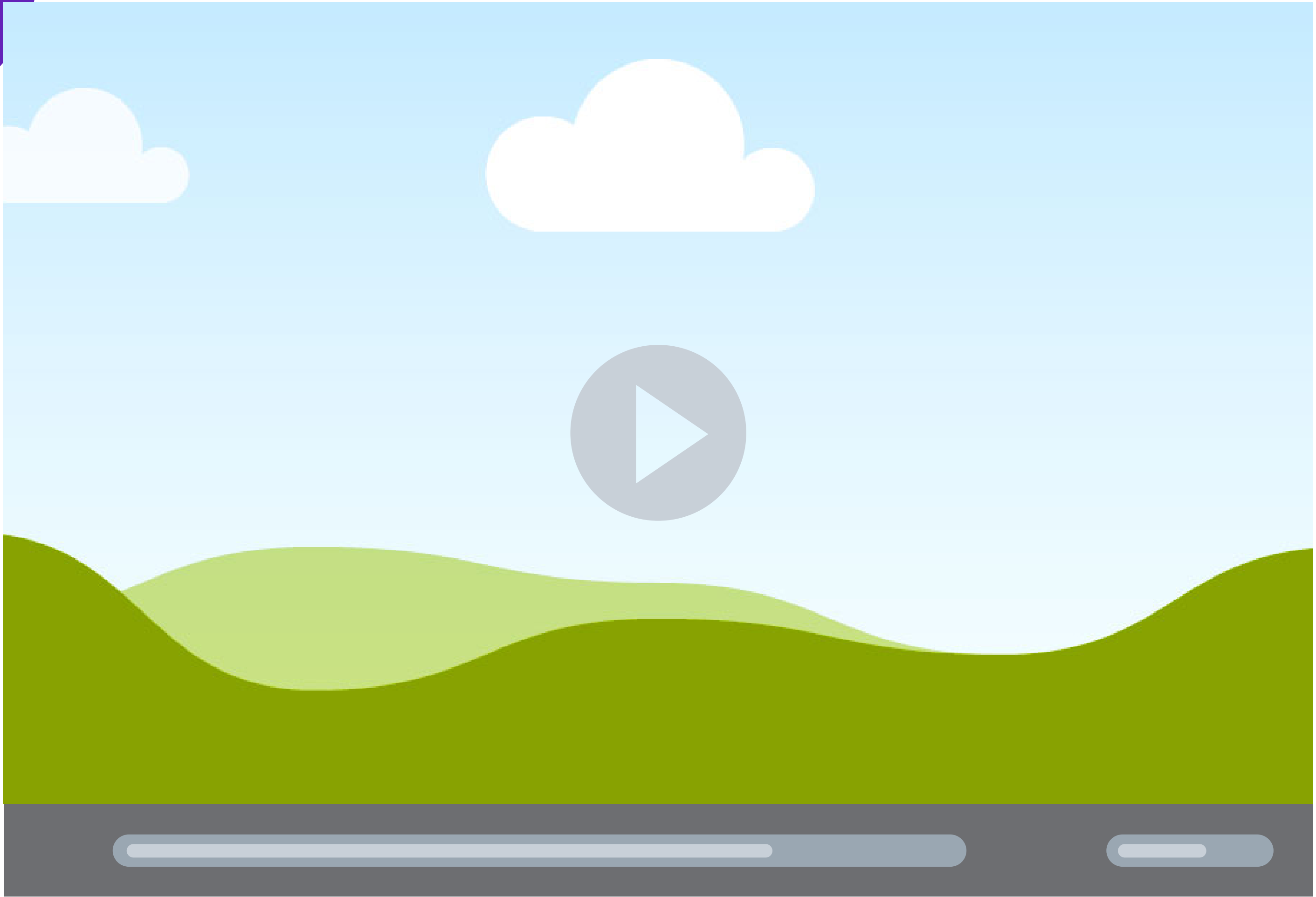


“...stigma kills [...] These are some ways it shows up for me... In my **inability to meet someone's eyes** when I'm sharing my status. When **I trip up on my words, struggling to explain** that #HIVHasChanged. The **shame that seeps in** when questions loaded with blame, are the response to my status. At times, being unable to say *those* 3 letters.

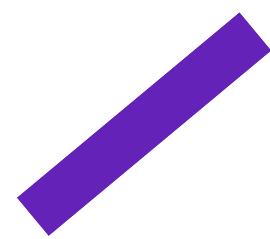
I feel lucky to have been able to share my status. But stigma still **reminds me of my perceived place in society**. People still hold tightly to their perceptions of people living with HIV and they are often **dehumanising**. They **'other' us and cast us aside.**”

Mercy Shibemba / Reflections on 'It's A Sin'



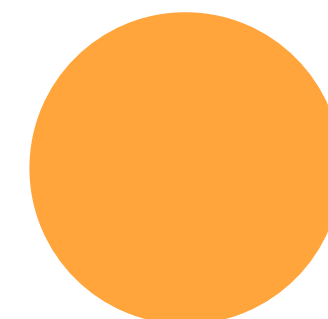


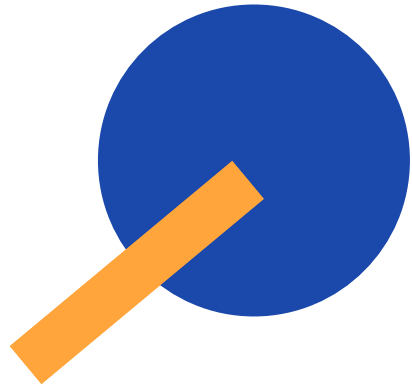
Short Film by CHIVA



**What are the types of stigma
that most commonly show up
in the work you do?**

3 Minutes





"Immigrant daughters are **the glue of the family**. We're the **linguistic conduit** between our parents and their new home; we learn to fill out paperwork **even when we don't understand** it fully; we help our mothers with their English tests and assignments, or sit on hold on the phone **while struggling with** math homework. **We also have perks** — an extra passport, additional language, an exciting culture, delicious food."

Home Girls Unite in 'How a Support Group For Eldest Immigrant Daughters Celebrates Women Like Me' | Teen Vogue

Key Characteristics

- Reflect that Black young people are not a monolith
- Have created a culturally competent and confident space



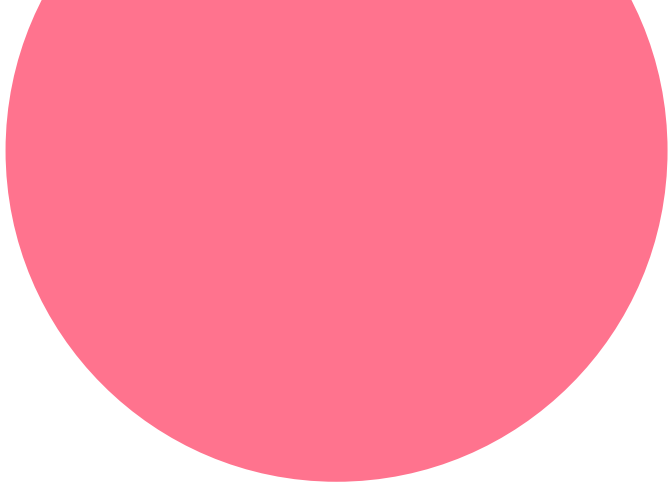



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CHANGE  
MAKERS 

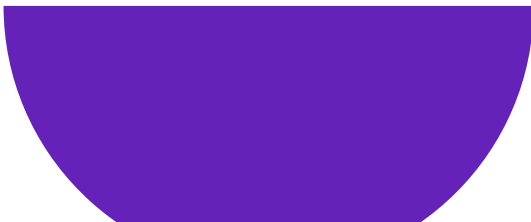
Coming together to reimagine
mental health services

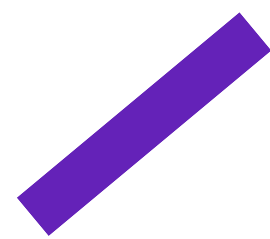
Set up in response to ongoing
systematic inequalities
highlighted by the
disproportional impact of the
Covid-19 pandemic.





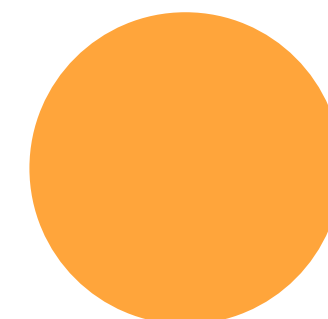
"Racism is toxic to mental health. Our research working with young people has highlighted **the impact of racial injustice on their mental health and how this gets reinforced in their experiences of mental health support...** This is an excellent opportunity for racialised young people to be at the heart of research and evaluation to get a more accurate picture of their experiences. **Their voices have been missing from the debate.** We have a lot to learn, and we hope it will drive real and lasting social and system change" –
Sarah Hughes, chief executive, Centre for Mental Health







In your context, what good examples have you seen?

2 Minutes



Risk Factors



- Young people from racialised groups are disproportionately exposed to many known risk factors linked with mental health problems. These include being excluded from school, being in care, being involved in the criminal justice system, and being homeless (Youth Justice Board, 2019; Day et al., 2020)
 - Young people from racialised communities have seen their mental wellbeing hit disproportionately hard by the Covid-19 pandemic (Abdinasir, 2021).
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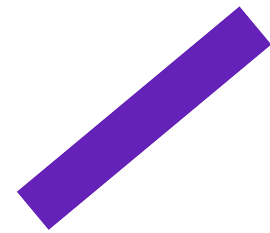
Access to Services



- Children from racialised communities are less likely than their white peers to access traditional mental health services ([Education Policy Institute, 2017](#))
- However, they are twice as likely to access mental health support via court orders (social care or criminal justice related orders) ([Edbrooke-Childs and Patalay, 2019](#))

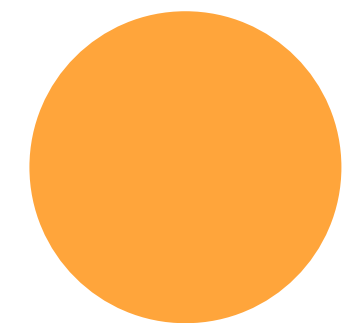
Experiences of Care

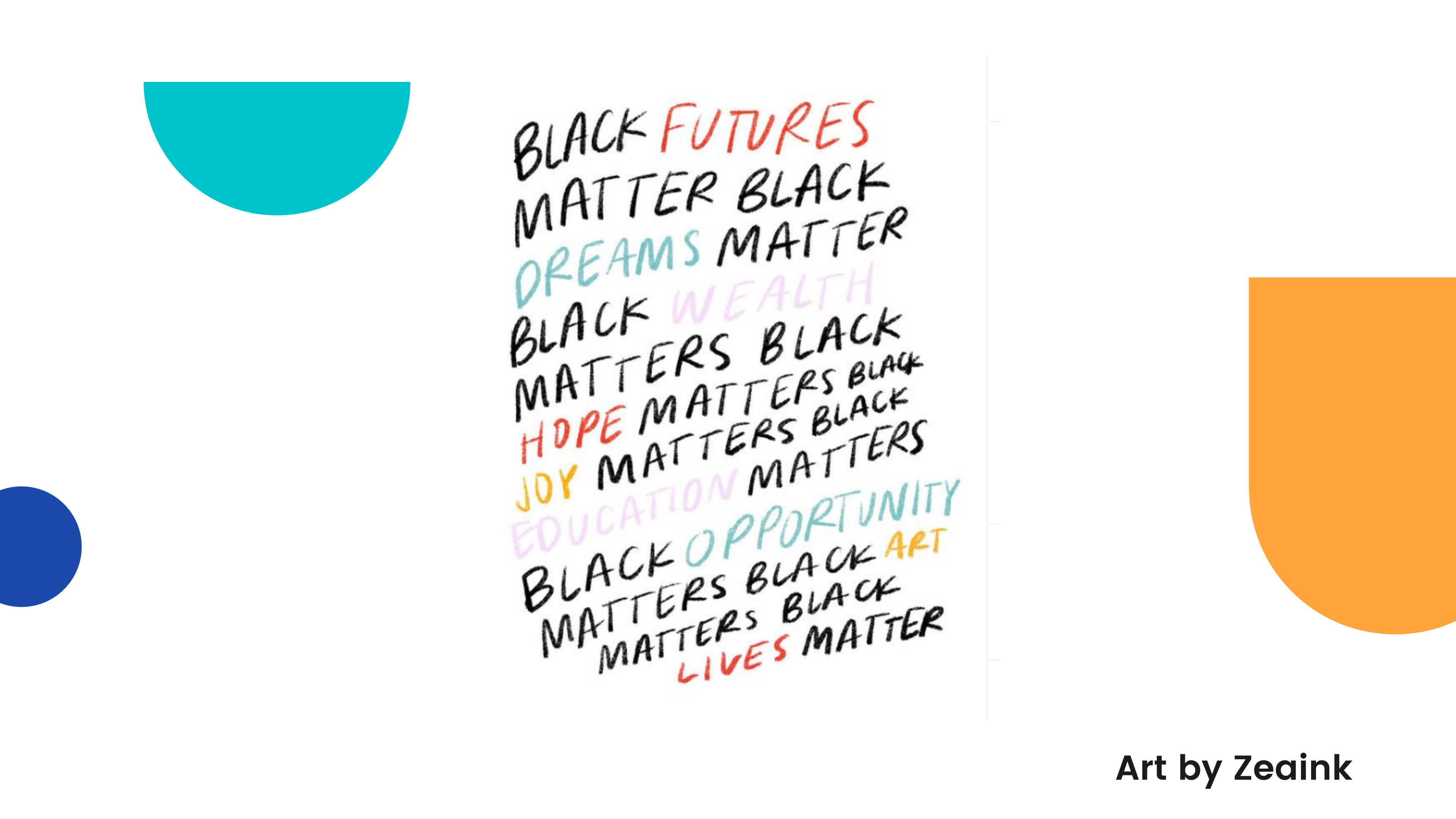
- Young people from racialised communities reported feeling less recognised and understood when talking to their GP about their mental health needs compared to their white counterparts ([Annual GP Satisfaction Survey, 2021](#))
- Black people are four times more likely to be detained under the Mental Health Act than white people ([NHS Digital, 2021b](#))



**How does the data I've shared
resonate with your
experiences?**

3 Minutes





BLACK FUTURES
MATTER BLACK
DREAMS MATTER
BLACK WEALTH
MATTERS BLACK
HOPE MATTERS BLACK
JOY MATTERS BLACK
EDUCATION MATTERS
BLACK OPPORTUNITY
MATTERS BLACK ART
MATTERS BLACK
LIVES MATTER

Art by Zeaink

Thank You

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