

Press Release

**The Caribbean & African Health Network (CAHN) supports MenTalk Ubuntu to develop opportunities aimed at improving better mental health in Black men across Greater Manchester**

**[05.11.2021]** MenTalk Ubuntu, a mental health organisation for Black men, and the Caribbean and African Health Network (CAHN), a community health organisation, have entered a collaboration to improve Mental Health awareness for Black men.

Both organisations are already working specifically with Caribbean & African community. On this project, CAHN and MenTalk Ubuntu will work together to provide targeted advice and guidance on mental health provision, promote opportunities around mental health activities for men, and developing culturally tailored approach to challenge stigma.

MenTalk Ubuntu caters to young and gifted black men with aspirations towards promoting positive perceptions of black men and mental health. Regardless of the background of members, listening to other men’s experiences, taking part in conversational webinars with mental health professionals will help other Black men to learn how to lead a fuller life. They also take participants on a journey of understanding how to strengthen our communities, relationships, and minds.

Founder of MenTalk Ubuntu, Christian Pratt-Jones says, “We are extremely excited to be partnering with CAHN, we hope to continue to create opportunities for Black men to connect and safe spaces to openly discuss mental health.”

By working in a mutually beneficial manner, the partnership aims to promote the best interests of both organisations - through sharing relevant information and opportunities that are of value to Black Men and the community as a whole.

Chief Officer of CAHN, Charles Kwaku-Odoi DL says, “CAHN are pleased to be supporting MenTalk Ubuntu on this much needed project to reach the black men within our community, especially addressing the stigma on mental health. Through this partnership, MenTalk Ubuntu will collect evidence that will feed into CAHN’s system change agenda and work addressing the significant mental health disparities and stigma in the Caribbean and African community.”

Rosalyn Magowan, CAHN Counselling Service Manager says “Our team of Counsellors welcome this opportunity to be able to support Black Men who are historically reluctant to engage with services with tailored therapeutic intervention. We hope this project creates impact and allows our black men to overcome the stigma around mental health and better equipped to engage with mainstream Mental Health services.”

**-ENDS-**

For further information or collaboration opportunities please contact: **mediaenquires@cahn.org.uk**

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**CAHN Social Handles**

Website: www.cahn.org.uk
Twitter: @cahn\_uk
Instagram: @cahn\_uk
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LinkedIn: @Caribbean and African Health Network (CAHN)

YouTube: @Caribbean and African Health Network

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**About CAHN**

CAHN is a Black-led organisation set up to address the wider social determinants to reduce health inequalities for people of Caribbean & African in Greater Manchester and beyond. We work with the Black community and cross-sector organisations to build community resilience, relationships, and a social movement to reduce health inequalities.

CAHN’s **vision** is to eradicate health disparities within a generation by building community resilience and a social movement.

Our **mission** is to lead strategic engagement to change the unhelpful practices of service providers, commissioners, and member organisations to influence policy and practice to ensure racial and social justice is a focus of health and other sectors service reform.