**Black History Month Virtual Table Talk:**

**‘The Blackness of Mental Health’**

**Thursday, 15th October from 2 – 3pm**.

**Join:** [Obi Oputa](https://www.linkedin.com/in/obieze-oputa-92529633/) and [Melina Healy,](https://www.linkedin.com/in/melina-healy-4a215690/?originalSubdomain=uk) and Sharon Barret, and St Mary’s student - Jamal Frazer

**Register:** Sign up for your place on our [**webinar registration page**](https://stmarys.zoom.us/webinar/register/WN_6D9Y0_QcRG-w028_fkeMYg)

As part of Black History Month, a virtual table talk made of St Mary’s staff, students and externals guests will meet to explore and discuss two issues relating to and impacting the black experience of mental health. Join us in an open and inclusive space where we seek to learn and understand by sharing our experiences, thoughts and knowledge.

**Topic(s) to be discussed:**

* The impact of Black Lives Matter demonstrations on Black Mental health.
* Young black men experience higher rates of mental health issues and are more likely to be sectioned.

**About the speakers:**

 [Obi](https://www.linkedin.com/in/obieze-oputa-92529633/) has been a Careers Consultant for nearly 4 years, having worked at the University of Arts London before settling at St Mary's. Previous experience includes recruitment and account management. Obi holds an undergraduate degree in Law (LLB) and is currently studying towards a postgraduate degree in Careers Guidance in Higher Education.

[Mel](https://www.linkedin.com/in/melina-healy-4a215690/?originalSubdomain=uk) is a Learning Academic Development lecturer here at St Mary’s, having recently joined in January 2020. Her role is focused on driving student engagement and experience, and research in the area of student attainment. She has prior is an experienced Sports Therapist and a published author.

Sharon Barret has over 15 years’ extensive experience in social work. She currently works in social work management focused on supporting and protecting young children in care.

Jamal Frazer studies a Sports Coaching Science (BSc) here at St Mary’s. He is passionate about mental health and aims to one day start a network that support young people with mental health and provide a space to talking where mental health issues can be discussed.