



The Color of Hope: People of Color Mental Health Narratives

By Vanessa Hazzard

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The Color of Hope: People of Color Mental Health Narratives is a project that sheds light on mental health in communities of color by sharing stories by those affected by mental illness. By sharing our stories, we open up discussion around the topic and break through stigma and shame. The contributors represent those living with or affected by loved ones with depression, bipolar disorder, borderline personality disorder, post-traumatic stress disorder, schizophrenia, and other conditions. They are men and women, children and adults, political prisoners, college students, politicians, musicians, business people, artists, fathers, mothers, daughters...all of African, Latino, and Asian descent. Their narratives add to the tapestry of the human experience and without them, our history is incomplete.

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