



NO MORE MARTYRS

*Redefining Strength. Embracing Wellness. Building Community.*

## **2016 Minority Mental Health Awareness Summit**

*~ When Women Speak ~*



Imade Nibokun

Imade Nibokun is a music journalist turned non-fiction writer who discusses mental health issues in African American culture. Diagnosed with Major Depressive Disorder in 2012, Imade's Blog, *Depressed While Black*, showcases articles about the particular stigmas and barriers to care for people of color with mental illnesses. Her current blog posts acknowledge the way in which mental health issues are colliding with other social justice issues in new ways. In her forthcoming book, Imade shares her mental health story of navigating therapy through the lens of her strict Pentecostal background and overachieving work ethic.