



# Lay My Burden Down: Suicide and the Mental Health Crisis among African-Americans

*Alvin F. Poussaint, Amy Alexander*

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Through stories (including their own), interviews, and analysis of the most recent data available, Dr. Alvin Poussaint and journalist Amy Alexander offer a groundbreaking look at 'posttraumatic slavery syndrome,' the unique physical and emotional perils for black people that are the legacy of slavery and persistent racism. They examine the historical, cultural, and social factors that make many blacks reluctant to seek health care, and cite ways that everyone from the layperson to the health care provider can help.

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