Continental Philosophy: How Can Philosophy Provide Resources For the Mental Health Crisis In Black Community?

Antonio V. Allen Jr.

The Neighborhood Academy

Concerns around mental health have, in the last few years, become much more prevalent in American society. Despite this, the American Black community continues to hold a negative view towards mental health. The thing many black people fail to understand is that mental health issues in the black community are closely tied to America's history of racial discrimination and injustice.While recognizing the complexity of analyzing any community's approach to mental health, it is clear that a large degree of responsibility for the current dismal state of black mental health rests with the institutional and moral failures of the medical and social services fields. The question is how can this be resolved? While there are a variety of potential methods available, this essay uses the field of moral philosophy in order to focus on the moral and ethical implications of the issue. Doing so emphasizes the ways that this is not merely an issue of access, education, or cultural norms. Rather, it is fundamentally about justice: who has access to it, who is excluded from it, and what can be done to expand it.

Today, the importance of mental wellbeing is an essential component of daily life for nearly every member of the American public. Yet, this awareness also must confront the many decades in which mental health concerns were pushed to the side as many believed addressing mental health was a way to show weakness. This cycle repeats itself up to the children of today's generation. This tension between wider acceptance and persistent stigmatization helps illustrate how complex and nuanced discussions around mental health should proceed.

Understanding the crisis at hand, many would pause to see how it has gotten to such a point and offer insight into the causes and potential remedies for the black mental health crisis. While recognizing that various academic disciplines will come to somewhat differing conclusions regarding the best way forward, this study will be using philosophy to analyze and to create a conceptual framework. This choice was made because of all of the disciplines available, philosophy provides the most direct connection to the moral and ethical components of mental health. Out of the many philosophical schools that could work in this case, this paper explores this topic through the lens of philosopher Immanuel Kant, an 18th century German philosopher, and of John Rawls, a 20th century American philosopher influenced by Kant's work. These two thinkers provided the most valuable insights because Kant's work is based on the idea of the universal applicability of moral decision making, and Rawls takes Kant's universal moral framework and applies it to concerns around justice in a given society. Since the mental health

crisis is an injustice experienced by the black community, this focus on justice provides both a basis for critique, and guidance towards a possible solution.

Section I: The State of Black Mental Health in America

Too often, black people in America are silent warriors. Throughout America's history, they have been silenced not only by choice but in response to traumas and discriminations being constantly unleashed upon them. The effect of this type of denial or avoidance is the unwillingness to take action to improve their mental health or wellbeing, as one's mental state can and will affect one's physical and emotional state as well. Across the nation, many black men and women have held onto the idea that they have to be "strong" and stoic. Due to many black women being the caretakers in their families, they often are focused on other people, whether it be their children, their elders, or their partners, "roughly three-in-ten Black people (31%) live in households whose household head is female" (Pew 2023). It's because of these commitments to others that some black women find it difficult to take time to care for themselves. This approach here is used mostly because of the cultural stigmatization that identifies someone as "crazy" or maybe even "weak". A prevalent idea in the black community is that black people are incredibly durable–that despite all the oppression they faced for generations, they are able to press on. However, this perception of black people as "strong and silent" has led mental illness, which can affect all people, to be something to look down at people for, because it implies that if one cannot overcome mental illnesses, you are weak (Bryant 2017). As Zawn Villines puts it,,, "Some Black people worry that if they seek mental health care, people will see them as crazy or dangerous" (Villines 2020). Being labeled as 'crazy' or something similarFollowing, being identified as "crazy" in the black community carries a heavy stigma, which can lead to isolation, self-medicating, or other worsening mental health conditions.

It's that same fear of weakness that black people all over America carry within themselves: this feeling of maintaining an image in disregard to their personal well-being in order to save face among their peers, many of whom might be struggling with the same issue. An issue I've seen with black men in my experience. While these men face their inner wars with emotional experiences and mental illnesses, they tend not to recognize the collateral damage of

those wars within. According to mental health expert Jor-El Caraballo, in American society, "Men have not been taught how to process and talk about their emotional experiences. This has fostered a sense of isolation, anger, and resentment…at its worst, building resentment can even develop into outward expressions of aggression and even violence" (Carabello, 2018).

According to the National Institute of Health,"About one in five Americans struggle with a mental illness in any given year, regardless of race. Yet Blacks are 20 percent more likely to have serious psychological distress than Whites are" (NIH, 2018). Mental illness can affect anyone at any given point in time, but black people develop debilitating mental illnesses more often than white people, even more likely to be affected by serious psychological distress."Less than 50 percent of all Americans with a mental health disorder are able to get the treatment they need, while the percentage of Blacks who are able to receive treatment is half that of whites…In 2018, 50% of Black and African Americans with a serious mental illness did not receive mental health treatment" (Lee, 2020). Black people in America are more likely to not receive the correct treatment to assist with their illness, being that people who are black and receive the correct treatment are half of that white american population. And noted from the previous statistic, those with a serious mental illness don't even receive treatment for their mental issues.

Section II: Philosophy

Philosophy, in its broadest sense, is the study and analysis of meaning in our world. This could include ideas/beliefs, morality, and knowledge. As such, philosophy is a discipline that offers a wide range of applications and influences when dealing with a complex issue. Diving into the mental health crisis with the focus on moral philosophy allows us to understand the full weight violations committed against the black community. This is because the way we think can shape our outlooks on life and the ways we live. Philosophy, in this sense, is not only a method of observing and understanding, but also a means for bringing serenity or balance to a suffering person.

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We cannot learn philosophy; for where is it, who is in possession of it, and how shall we recognise it? We can only learn to philosophize, that is, to exercise the talent of reason, in accordance with its universal principles, on certain actually existing attempts at

> philosophy, always, however, reserving the right of reason to investigate, to confirm, or to reject these principles in their very sources.
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> > (Kant, *Critique of Pure Reason*, "The
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> > Architectonic of Pure Reason," 1781).

Immanuel Kant is a central figure in moral philosophy, dating back to the 18th century. Kant was a rigorous thinker, applying his comprehensive approach to reason in order to examine both theoretical and practical concerns. His work centered on the insights provided by human reasoning rather than metaphysical beliefs or concepts.

Reason and rational processes in Kant's work are basically how we use our minds to provide ourselves the best answers or solutions to an issue or thinking about a new idea. Whereas metaphysics are concepts such as God or the soul, things that weigh heavily in our lives yet are beyond our senses.

This is especially true when it comes to moral obligations, or justifying why our actions are the right actions to take. Kant laid out his theories primarily in three works: *The Critique of Pure Reason, The Critique of Practical Reason,* and *The Critique of the Power of Judgement* (Rohlf 2021). In *Pure Reason*, Kant explains why we must use our reasoning as much and consistently as possible when confronted with ideas or abstract concepts. With *Practical Reason*, his approach is more concrete than abstract. The same principle applies, however: using reason as thoroughly and as consistently as possible with our regular choices in our lives. Whatever choice we make, either for a metaphysical idea or normal everyday issue, our choices must match with a moral principle for that situation without deviation.[1] When making our choices, they must apply to all as it is the right choice as it is supposed to be.

With his method, Kant's work centers human reason, guided by consistent moral maxims rather than judgements based on specific circumstances. Perhaps the central idea that Kant proposed to govern this approach to philosophy was a concept called the categorical imperative, a universal command, applicable in all categories. The categorical imperative is an idea that says we must determine our actions in any given situation not by our desired outcome, but by a maxim that we must apply to said situation. A maxim is a principle, and these maxims cannot change, no matter the specific circumstance. Our actions must be the same for all situations. For example, if the maxim: "you must not cheat on your spouse" is taken to be valid, then this same

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[1] Deviation in this case would be providing exceptions for a relative or friend.

principle would apply in the case of taking the SATs. Additionally, it wouldn't matter if anyone else ever found out about the wrongdoing, it's the act itself that deviates from the principle, not an observer's awareness of it. Put simply, when applying the categorical imperative, the ends cannot justify the means. If we fail to apply the imperative in any given situation, then it is on us to figure out where we went wrong as we failed to "correctly" apply our reasoning to that situation.

Kant's development of the categorical applicability of his method are key features of his books on pure and practical reason, mentioned above. The *Critique of Pure Reason* is a work solely concerned with how humans can use reason, apart from any experience or practical knowledge, to understand how, or even if, metaphysics has meaning or purpose in human life. Kant proposed that this was possible due to his concept of "transcendental idealism:" the idea that "human beings only experience appearances, not things in themselves; and that space and time are only subjective forms of human intuition that would not subsist themselves if one were to abstract from all subjective conditions of human intuition," (Rohlf 2021). Kant's goal with the *Critique* is to identify the limits of human reason based on where it can go, how it can be incorporated, and how far it can go with knowledge without experience, or what Kant termed "a priori knowledge". As noted above, for Kant, this a priori knowledge provides the "universal principles' ' by which we "learn to philosophize;" that is, it provides the theoretical framework for humans to rationally assess the ethical consequences for our actions.

Practical reason, on the other hand, works in conjunction with moral law. Practical reason's highest principle is the concept of moral law. Moral law is a bit like the categorical imperative writ large, by that meaning moral law is essentially the idea of natural law. Laws that we believe to be upheld at all times, at all costs or doing things we instinctively believe to not do. Kant believed that such a practical approach to thorny philosophical issues can lead to an ideal world which he deems is the "highest good" (Rohlf 2021). The highest good is important because Kant also believed that people were in pursuit of happiness, which ideally would lead to a world where we all would want to live in.

Kant's influence on philosophy is immense, with philosophers from a wide array of specialties taking up his ideas. One of the more notable of these Kantian successors is the Harvard philosopher John Rawls. Rawls, whose career spanned the second half of the 20th

century, grounded his approach in Kant's theories, though instead of metaphysical questions, he was interested in their relevance for political thinking and social organization. Rawls wanted to build upon the idea of the perfect world governed by the highest good by shifting the focus from the theoretical and instead looking at how this approach would work in the messiness of human political and social organization. Rather than the higher good, however, Rawls chose to focus his work on justice as the ideal. ; His major work, *A Theory of Justice,* first published in 1971, comprehensively lays out the ways that this shift from abstract or metaphysical concerns to the messy reality of human social organization can be made. By developing this theory, Rawls wanted to provide a method for evaluating or creating the rules or norms used to create and maintain a collective group or identity. Notably, this theory was universally applicable to any form of political or social identity, up to, in the broadest case, the entirety of the human species.In order to make this work, Rawls developed a series of thought experiments that, when applied to a group, would use a series of steps and conditions that determine a groups commitment to justice Importantly, Rawl's theory relied on standardized thought experiments rather than familiarity with any given group or culture.This ensured that the theory would not be limited by considerations for unique circumstances.

The first step of creating an ideal society, according to Rawls' theories, is to apply the original position. The original position is a hypothetical scenario that imagines the norms a social group would want to use if they were able to develop them from scratch. Since no person in this scenario has any advantage or disadvantage over another, it follows that members of the group will come to an agreement on the distribution of resources without a certain party claiming more advantage than another. As Rawls notes "I have said that the original position is the appropriate initial status quo which insures that the fundamental agreements reached in it are fair. This fact yields the name 'justice as fairness" (Rawls 1971). Included with this, no member can implement special privileges or special obligations or restrictions on others.

To accomplish this goal, it requires all people associated with the experiment to have a 'veil of ignorance' hung over them.

This Veil of Ignorance is an essential additional concept used to reach the original position. Rawls realized to get the advantaged and privileged people to reach the Original Position would be incredibly difficult, if not impossible, as those people would essentially be giving up their power and access to scarce resources and opportunities. When implementing the

Original Position in the middle of creating society's standards, it would acknowledge to a noble person the rules that would need to be put in to make sure a commoner is well-off or that the noble is too privileged. The Veil of Ignorance erases that entitlement and status of nobility and disregards an individual's/subgroup's special interests, making the former noble and commoner neutral. It also appeals to tradition, God, history, convention, and moral wealth. Rawls was focused on justice being dished out as thoroughly as possible hence the commodity of status and even distribution of wealth, and in that there must not be a cultural or social position to change that maxim.

Two principles exist that are essential to Rawls' work. He believed that people had rights that weren't to be denied such as things like freedom of speech, religious freedom, and access to citizenship. No group can deny anyone of these rights and then claim the standards of the society they created are just. Quite similar to America's Bill of Rights, Rawls calls this principle Equal Liberty. Next is the principle of equality which deals with allocation of resources. Rawls' method of allocating resources involved giving resources that would better benefit those who're in need. In turn, it benefits all even high-class subgroups in the society and no one would have more than they need causing cruel disadvantages. Rawls felt resources shouldn't pool around the already well-off and comfortable.

Like Kant, Rawls grounds his works based on human reason, not metaphysics or God. Doing this led Rawls to get around our idiosyncrasies, limitations in order to establish rules which can apply to all categories or circumstances. It's also made in a way that special privileges can't justify deviation from the mentioned theoretical maxims nor appeal to tradition and religious belief but due to reliance on human reason we can only evaluate if all things have met the standards of justice with only human reason, nothing outside of that.

Section III: Application

Just as Kant's work progressed from *The Critique of Pure Reason* into the *Critique of Practical Reason,* this paper likewise moves from philosophical theory into its applications in real life.

In the Black Community it is common knowledge that there is a mental health stigma. Where if one were to seek therapy or mental health assistance, they're identified as crazy. With

that social pressure, black people have been reluctant to seek psychiatric help. Even though it is in their best benefit to do so, this pressure from one's community builds a barrier that seems impenetrable. In dealing with mental health, black people resort to things such as their family or the church, but these two outlets are not enough to resolve a mental health issue."A big part of why black people don't go to therapy is because they have church. And you're supposed to go to this place once a week and let go of all of this stuff there. Even though you're not having a one-on-one with anybody in particular, but a preacher standing up there and it's like this is what we're gonna talk about today and if you got these feelings or these problems then scream and shout and let it go and we'll sing songs and we'll dance. And then 'Hey, everybody's okay!' and you're absolved. And then you go home and you feel like crap."[2]

The stigmatization of therapy then creates a cultural norm thus building a multitude of excuses to where black people will have every reason to not seek that degree of help. "In our community, there is a longstanding belief that [seeking] therapy automatically means you are 'crazy', says Vladimire Calixte, LMHC, the founder of Therapy for Black Men. 'Those living with mental illness remain silent due to an overwhelming fear of being judged. The perception that mental illness is taboo leaves many Black Americans unable to view mental health care as necessary to their overall well-being.' Calixte believes that more education on mental health within the Black community is imperative, although the pandemic is starting to help shift previous attitudes surrounding stigma" (Lee, 2020). A highlight is the belief that black people are "strong". Going back a little bit, there are two types of trauma faced by the black community: collective trauma and personal trauma. Collective trauma, also referred to as "race-based trauma" , can be generational trauma or emotional and mental injury faced collectively from exposure to racism, ethnic discrimination, racial bias and hate crimes (Hoskin 2022). For example, the continuous watching of videos of police killing and brutalizing black men and women all over social media. Watching the same type of violence and real life horror that your protectors are turning on you on a daily basis. While personal trauma is trauma one faces themselves, such as being sexually assaulted or being hurt by a loved one. Black people have mixtures of both, mostly collective trauma as everyone faces their own personal traumas. The collective trauma being undealt with festers and leaves its mark on the black community, leading to the idea that because the black community still lingers on after facing atrocities and social ostracization, that

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[2] Black Folk Don't: Go to Therapy [Episode 2]

black people are resilient and are able to withstand anything. "We don't need therapy, we survived slavery! No, you didn't survive slavery, our ancestors survived slavery"[3]. When a person in the black community however doesn't agree with this way of thinking, they themselves are looked down on or seen as an outsider. "I have a friend, she's in her eighties…we've been friends for like forty years; I would never tell her I was in therapy"[4]. "When I had spoken about it to my grandmother, her response was 'Now why didn't you just pray on it"[5].

Through the lens of Kant and Rawls, this interior aspect of the black mental health crisis; the stigma on mental health is an injustice. First with Kant: the continued ignorance and disregard for the betterment of one's health is an injustice to one's self, regardless of the reason. Choosing to ignore one's mental state or refusing to change it for the better is like leaving a flower without water and sunlight or not cutting weeds in your garden. Also, according to Kantian thought, it would go to show that black men and women struggling mentally aren't fully rationalizing their situations. In addition, those struggling then force others to struggle and they fall into that facade then becoming one of the people that essentially hurt them. This is not fully throughout and thus creates this result, a cycle of ignorance, pain, and fear. These concepts would go against the ideas within the Critique of Practical Reason which is Moral Law and the concept of the highest good which Kant believed in. Furthermore, a society where it destroys itself would go against Rawls principles in the foundation of a society. It would be foolish to approach this mental health crisis in the black community only internally when there are additional external causes resulting in today's effects.

Since the first black people were transported to the "New World" in Virginia 1619, black people had to live and endure centuries of enslavement, discrimination, and unethical, unexcusable, unjust treatment by white people. Such things were New World Slavery, Jim Crow Laws and Segregation, The War on Drugs, and etc. Currently black people are suffering from the same type of ordeals being systemic racism and police brutality. Let it be known, none of these circumstances are recent. Every aspect of the ordeals mentioned can be traced back to times of segregation or slavery. Translating to the idea that these traumatizing times have lived on and affected many generations of black people, including today's black people. This happened because the traumas the ancestors of black people faced are being inherited to today's generation

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[3] Black Folk Don't
[4] Black Folk Don't
[5] Black Folk Don't

of black people. Traumas resulting from being subjects to acts of violence, suppression, persecution, and tyranny. What's worse is that black people never got the chance to recover from these malicious actions resulting into the mental health crisis we are witnessing now. "Racial inequities in employment, education, and housing have led to environmental conditions that put a strain on the health of many Black Americans. If you are Black and impoverished, you are much more focused on your daily survival needs than your mental health" (Lee, 2020).

Finally, the War on Drugs has ingrained a barrier into the black community as well. The War on Drugs left minority communities broken, at a cost that leaves even more distrust in the police as the same issue is still occurring and more worse than it was but the method of handling the situation was improved. Leading to the mass incarceration of black men and women, separating families apart and many of who were resulting to illegal methods to provide a stable income to their households as they reside in areas which were battered down and growth cut due to previous oppressive moves made by white america. "Black Americans with mental health conditions are more likely to wind up in jail rather than be referred to community-based treatment programs" (Lee, 2020). This unjust "war" was created by faulty thinking and racist intentions to increasingly bring down the black community. John Ehrlichman, one of Nixon's top advisors admitted the War on Drugs were used to abide to a hidden agenda, "The Nixon campaign in 1968, and the Nixon White House after that, had two enemies: the antiwar left and black people…We knew we couldn't make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin. And then criminalizing both heavily, we could disrupt those communities" (LoBianco, 2016). The Nixon administration had their out for black people and those who were against the Vietnam War and handled their method of striking them by creating a "problem" and associating it with a certain population to diminish them and their communities value.

Other notable causes, or injustices, playing a present role is economics and medicine. Economics and medicine can go hand in hand, however they both affect the black community in unique ways or affect the black community in a way where if one was not an issue, the mental health crisis as a whole may not be as severe as it is. "Roughly 23% of Black Americans live below the poverty level, compared to 10% of white Americans. Economic disparities for Black people due to systemic racism leave many without insurance and unable to afford treatment, explained Calixte" (Lee, 2020). In 1921, the Black Wall Street Massacre occurred. A 2 day riot

that burned down a multitude of black businesses and homes (Sullivan, 2021). In the mid-1900's, black people were subject to housing scams to which white homeowners would have black people pay them money over time to own the home they were interested in (Johnson, 2022). However, they couldn't miss a single payment or they'll lose the home they're trying to pay off and since the homeowner still held the deed for the home, a black homebuyer could be evicted and have no legal protections. Banks would often deny black creditworthy clients attempting to receive a loan to buy a house. For 40 years, redlining had lasted in America until it was banned. In that time, millions of blacks were withheld from building generational wealth and giving themselves an economical advantage.

A cultural fact of the black community is that there is immense distrust in the medical field due to their issues not being taken as seriously as they should be or racial bias. "Racial bias is also apparent during medication therapy. Though the rate of opioid overdose is nearly twice as high for whites, Black patients are more likely to receive drug testing for illicit use and have their prescriptions discontinued. Black children are also more likely to be diagnosed as psychotic than white children, but less likely to receive treatment for their illness…Misdiagnosis due to a clinician's racial bias can lead to improper treatment, including wrongly prescribed medications that cause dangerous side effects and worsening mental health conditions" (Lee, 2020). Black people have gone to a doctor numerous times for numerous reasons, and those doctor's failed them numerous times. Strongly due to racial biases, black people cannot rely on a doctor for their struggles which leads to untreated physical issues/mental issues and causes them to build-up and become worse. In addition, doctors wouldn't even treat their black clientele, or wouldn't go through the same procedures they would with white clientele. "Black Americans are reportedly less likely than whites to receive treatment for depression, and those with depression and other mood disorders are more likely to be misdiagnosed with schizophrenia… Black Americans are also less likely to be offered treatment for their mental health issues…Research has also found that Black teens are less likely to be asked about eating disorder symptoms than white teens, even though they are 50% more likely to show bulimia behaviors" (Lee, 2020). Tying with the economical issues millions of black people face, their local medical resources aren't up to par to most professional services, creating the wrong impression and leading to further distrust in medicine. "Impoverished Black people may be especially vulnerable to malpractice, Miles explains, because many community mental health centers hire who they can afford and not

clinicians with better training and experience. Signs of mental illness in Black Americans are often interpreted by whites as aggressive or criminal behavior, which means that clashes with the law can be an introduction to mental health services" (Lee, 2020). The second largest issue with black people and medicine is health insurance. "The U.S. Census reported that nearly 11% of Black Americans were uninsured, compared with 6% of white Americans" (Lee, 2020).

Rawlsian thought could correlate with these issues greatly on a societal level. According to Rawls, the external issues causing today's black mental health crisis violate both of his principles, the principle of equal liberty and equality. The principle of equal liberty is violated by the fact that black men and women were stripped of their human rights, and did not receive them for centuries of their tenure in America. Even today, black people question if they truly have human rights in today's age. Alongside the principle of equal liberty, is Rawls' principle of equality, which has been violated due to the fact that America has failed to allocate resources fairly and sensibly to Americans struggling with mental health as black people fall behind in receiving mental health assistance. Also regarding the Principle of Equality, if the black community would flourish mentally and emotionally, it would create a domino effect and cause other minorities and the white majority to flourish mentally and emotionally.

This goes to show the inequalities in America concerning black and white people which requires a reset. According to Rawls, to reset these societal differences is by implementing the Original Position and the Veil of Ignorance. Starting American society in a way that black people, white people, and other minorities in America are equal in all things socially and politically. Looking into the current society, white people are of the most advantaged as history has positioned them to be at the top of the American hierarchy, following them are mostly immigrants who are non-colored, and then blacks and colored immigrants. The Original Position would put these people on equal grounds and now we must implement the next step of resetting American Society, the Veil of Ignorance. The Veil of Ignorance in this case would erase the experiences felt by the most wealthy and the poorest people in America and in addition, society's stereotypes, racial and sexist views held by American people. With all this in mind and many other things, the distribution of resources must be given out in a way to which will be of best benefit to people of color in America, including mental health assistance. "Court programs are grant-funded, so the focus is on keeping the money coming in—not referring people for quality mental health treatment," Miles says. 'The services at inner-city residential treatment centers are

far less superior than programs offered at centers outside city limits" (Lee, 2020). Finally, to conclude the external issues, we can implement Kantian thought or moral thought. The Categorical Imperative would demand in this situation that white people work in the best interest of black people as they have caused the most damage to black people in America and because assisting black people to be equal to their white counterparts is of the highest good they can do in this situation. By doing so doctors can treat their black clientele in the best possible way as they would with their white clientele, to even putting more consideration into how they'll be dealt with as it is known that black people and white people live in almost different worlds, which can be inferred by this quote here, "In 2015, about 86% of psychologists in the United States were white, and by 2018, only 7% of psychiatrists were Black. The lack of diversity in the mental health field presents a challenge for clients who prefer a provider they feel is culturally competent. It also presents a problem for those hoping to avoid the pitfalls of psychiatry's alleged racist history, "Their environment is a clear result of this country's history of racism and the intentional underfunding of Black communities and Black institutions. How can a limited amount of treatment offset a lifetime of living in a war zone?" (Lee, 2020).

Section IV: Conclusion/Result

The issues of black mental health and its inevitable solution matters as I myself struggle mentally. My struggle with mental health is alike with millions of black men and women and as much as we endure, we all would wish for our mental struggles to be dealt with completely. Yet the cause of such anguish is rooted in the multitude of injustices found within the black community and injustices struck against the black community by the white community. The foundational morals associated with mental health in the black community are overwritten and ignored for personal gain, bias, and outright ignorance. In search of a way to resolve this, I went to apply Kantian moral philosophy along with Rawlsian moral/political philosophy.

The results of these implementations externally are resetting American society aware of the Original Position and the Veil of Ignorance which will erase any negative bias towards Americans by Americans and creating an allocation of resources that are dispersed fairly and in the way that the resources are working to the best benefit of the lowest members of society. With Kant, it would be by white america starting to work for the best of black america to ensure they

are held as equally as their white counterparts in all things due to the damages made in the past and damages made today which put black people the position they're in today. For the stigmatization, black people would need to fully and reasonably take themselves into account. By that meaning, they take themselves more seriously and do more to improve their health. When one is mentally disturbed, their health emotionally and most times physically can be affected. Thus when it gets to that degree, it has a chance to be more likely to affect other people. Hurt people hurt people. Which contradicts Kantian thought as damaging the health of another is always unjustified which then is immoral as the newly damaged person can cause more damage to others around them like a virus.

   Based on these results we can conclude that Kantin philosophy and Rawlsian philosophy can be implemented to create the path for one to resolve their mental health issues. Though it'll be incredibly difficult as not many take in what they don't fully understand and philosophy is one of those things many don't understand unless you take the time to understand it. In the end, Immanuel Kant and John Rawls' work can be used to improve and create a better situation within oneself. Then when the self is taken care of, everything outside takes care of itself.

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