

Black Youth Deserve More: Prioritizing Mental Health and Real Solutions

The time for talk is over. Our youth need action, access, and culturally competent care.

In America, Black youth are fighting two pandemics: COVID-19 and a mental health crisis that long predates it.

The statistics are devastating: suicide is now the second leading cause of death among Black youth, who die by suicide at twice the rate of their White peers. One in four Black youth exposed to violence will develop PTSD. And still, only 37% of Black Americans receive the mental health care they need, compared to 52% of White Americans.

Behind these numbers is a harsh reality: systemic racism, chronic stress, generational trauma, and community violence have carved deep scars — scars we can no longer afford to ignore.

COVID-19 didn't create this crisis; it magnified it. Black adolescents reported soaring rates of anxiety, loneliness, and

academic disruption during the pandemic. But their mental health needs often went unseen, unmet, or misunderstood.

It's not enough to tell Black youth to "be resilient." They already are. What they need is access — to trusted, culturally competent, trauma-informed care that recognizes the unique weight they carry every day.

Counseling is not a luxury. It's essential. For Black youth, culturally sensitive

counseling can be life-saving. It provides a safe space to name racial trauma, process chronic stress, and build tools for emotional survival and thriving. Effective counseling affirms identity, fosters agency, and interrupts the cycle of trauma moving through generations.

But access matters. Trust matters. Representation matters. And too often, traditional mental health systems have failed Black youth by ignoring the cultural context of their pain.

That's why organizations like Mingo Health Solutions are critical. Mingo Health Solutions specializes in culturally responsive, trauma-informed care designed specifically with the needs of Black and marginalized communities in mind. At Mingo Health, healing is not about forcing youth to fit into a system that doesn't see them; it's about creating systems that honor their full humanity.

Whether addressing complex trauma, racial stress, anxiety, or depression, Mingo Health Solutions offers Black youth a place to be seen, understood, and empowered. A place where healing is not just possible—it is expected.

If we are serious about fighting for the future of Black youth, we must invest in real, culturally competent mental health care. We must create spaces that affirm, not erase. That heal, not harm.

Black youth deserve more than survival. They deserve to heal. They deserve to

thrive. And they deserve it now.

Mingo Health Solutions is a Las Vegas-based mental and behavioral health provider specializing in culturally competent, trauma-informed care. Founded by mental health advocate Dinisha Mingo, the organization offers a range of services—including individual, family, and group therapy, as well as specialized programs for youth and underserved communities—delivered by

clinicians trained in evidence-based practices like trauma-focused cognitive behavioral therapy (TF-CBT) and EMDR. MHS also offers primary healthcare, medication management, ABA services for children with Autism, and hosts classes for provider training certification, domestic violence, and CPR. MHS is committed to empowering clients through accessible, culturally responsive mental health support.

Dinisha Mingo is the founder and CEO of Mingo Health Solutions and is a Las Vegas Native. With over a decade of experience in behavioral health, she is also the founder of the nonprofit Solutions of Change, which offers free and low-cost therapy services to underserved populations. Dinisha holds Master's degrees in Educational Psychology and Psychology and is currently pursuing a Ph.D. in Clinical Psychology. Recognized as one of Vegas Inc.'s 40 Under 40 in 2022, she is a dedicated advocate for mental health equity and community empowerment. If you would like to support an organization that provides free and low-cost services for marginalized people, please visit solutionsofchange.org to see about the upcoming Youth Wellness Summit on May 24, and support our cause in honor of former Senator Spearman's son, Na'Onche Osborne, a victim impacted by early childhood trauma.



Dinisha Mingo

A promotional graphic for Mingo Health Solutions. It features a purple and yellow background with a brain icon. The text includes the company name, a list of services, contact information, and a QR code.

MHS
BEHAVIORAL SERVICES, INC.

MINGO
HEALTH SOLUTIONS:
*A Decade of Transforming Lives,
Empowering Communities!*

Be sure to catch the MARCH 2025 Edition of The Urban Voice | Las Vegas, which will feature Dinisha Mingo M.S., QMHA CEO & Owner of Mingo Health Solutions! M.H.S. Behavioral Services, Inc. is committed to embodying and representing a standard of excellence in service. Our goal is for every child, adolescent, adult and family to leave better than they came with tangible skills to apply in their lives forever. Through therapy and behavior intervention we teach our clients techniques to cope with day to day living, postpartum, grief, stress, anxiety, PTSD, depression and more. Mingo Health Solutions embark on "Being the Change".

SERVICES WE OFFER:

- Mental Health Therapy and Counseling for Individuals, Families and Groups
- ABA Therapy for Children with Autism
- Medication Management
- State Approved Domestic Violence 28-Week Group
- Basic Skills Training (BST) / Psychosocial Rehabilitation (PSR)
- Training and Certifications

MHS
BEHAVIORAL SERVICES, INC.

MINGO HEALTH SOLUTIONS
(702) 848-1696
4000 S. Eastern Ave., Ste. 240
Las Vegas, NV

WWW.MHSBS.COM