



Taking Care of Us: Factsheet and Resources

Taking Care of Us

Taking Care of Us (TCU) is a statewide collaboration supporting mental wellness and suicide prevention among **Black and Brown communities in Maryland**. TCU strengthens prevention, intervention, and postvention through partnership, shared learning, and community engagement.



OUR HISTORY

Launched in 2022, TCU was created around the belief that meaningful prevention begins with connection. While evidence-based practices are essential, lasting change also requires reducing stigma, building trust, and ensuring individuals, families, and communities have practical tools that support hope and healing.

Since its beginning, TCU has brought together behavioral health professionals, educators, faith leaders, community organizations, advocates, researchers, and people with lived experience to advance a shared vision of wellness across Maryland. TCU has grown from raising awareness to creating opportunities for **community dialogue, training, resource development, partnership, and action**.

MARYLAND DATA: WHY THIS WORK MATTERS

13.69 PER 100,000

SUICIDE AVERAGE RATE

Among Non-Hispanic (NH) Black Marylanders **ages 18 – 24**, 2020-2024

14.9%

HIGH SCHOOL STUDENTS

14.9% of Black NH high school students reported **attempting suicide** in the last 12 months.

11.8%

MIDDLE SCHOOL STUDENTS

11.8% of Black NH middle school students reported **ever attempting suicide**.

The data tells us where the attention is needed, but not the whole story. Mental health is shaped by our experiences, including culture, identity, family, belonging, racism, discrimination, community, faith, economic conditions, and access to care.

Data Sources: CDC Web-based Injury Statistics Query and Reporting System (WISQARS); Maryland Youth Risk Behavior Survey (YRBS)

Taking Care of Us: **Our Approach in Action**

A connected approach to prevention, intervention, postvention, and wellness across Maryland communities.

A CONTINUUM OF CARE & WELLNESS

PREVENTION

Strengthen wellness, connection, belonging, and protective factors before a crisis.

INTERVENTION

Recognize concerns, start conversations, and connect people to support when help is needed.

POSTVENTION

Support individuals, families, and communities after a suicide attempt or loss and create pathways toward healing.

ANNUAL TCU ROUNDTABLE

Brings together community members, professionals, advocates, and people with lived experience for shared learning and conversations that help shape TCU's work.

TRAILBLAZERS CAMPAIGN

Highlights Marylanders and community leaders advancing mental wellness, suicide prevention, and positive change in Black and Brown communities.

TCU COLLABORATIVE

Connects subject-matter experts and community partners to share expertise, identify needs, and help guide TCU's work.

RESOURCES

Develops practical, culturally responsive tools that make suicide prevention, intervention, postvention, and wellness easier to understand and use.

TRAINING & ENGAGEMENT

Creates opportunities to learn, build skills, connect with others, and take action to support mental wellness and suicide prevention.

Interested in joining? Send an email to mdhsuicideprevention@maryland.gov