



I am integrant of AMMA Psique e Negritude, a Brazilian organization that has been working with researches and trainings about health (especially mental health) in the field of racial and gender relations for almost three decades.

The power of racism is to be an ideology alive in our psychisms, corporealities, and relationships, since early childhood.

Black women, in different regions of the global south, we adopt Well Being or Buen Vivir as an ethical-political horizon and epistemological basis for the conception of health. This means that the integral health of people of African descent involves a personal dimension, as well as a collective, social, ecological and cosmic dimension.

Genocide is a project that has been realized through institutions, including those that should promote health. As those with the compulsory treatment of chemical dependency. In different countries, they have worked to pathologize and exterminate the black population.

The racial violence that affects our bodies through police and state violence is also expressed as symbolic. Each body that falls affects our possibility of dreaming, having projects for the future, and finding meaning of life.

Our political resistance, which has always been enormous, can no longer be the only source of our health.

In order to improve the concept of health, we suggest that the UN recommends different countries to adopt policies for the integral health of the black population.

To confront genocide, we recommend resignification projects that include African and Afro-diasporic cosmogonies in the theories, courses, and practices in the health area.

We also recommend articulation for investment in research, with broad data production and also training on theories with African and Afro-diasporic references, addressing health conditions and care strategies.

We propose a commitment by countries to close institutions for incarceration and extermination (including those that claim to be therapeutic) and guarantee public and quality health for Afro-descents.

We propose investment in bilateral cooperation and exchanges between countries for the dissemination of data and articulated production of knowledge.



We also propose a commitment by the countries to close the institutions of incarceration and extermination, including those that claim to be therapeutic., and to guarantee public and quality health care for Afro-descendants.

We recommend reparation as a redefinition of contributions and diversity of referentials, including traditional knowledge and practices.

We reclaim our right of health prevention and promotion, making possible racial and gender relations that are effectively dignified, libertarian and healthy.