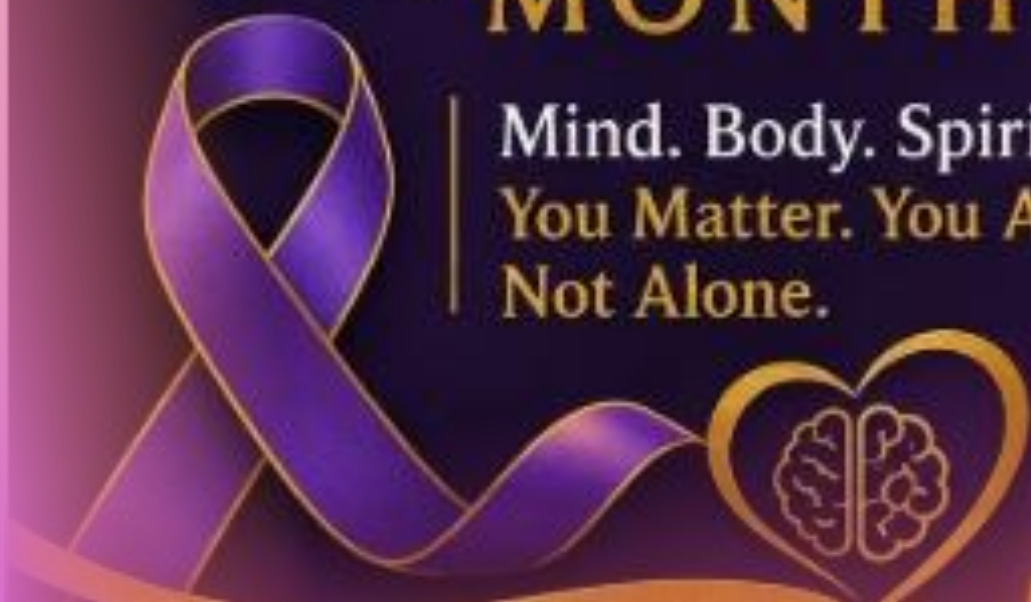


July is
NATIONAL
MINORITY
MENTAL HEALTH
— MONTH —

Mind. Body. Spirit.
You Matter. You Are
Not Alone.



Why July Matters

- July is recognized as National Minority Mental Health Awareness Month.
- Created to increase awareness of mental health disparities affecting racial and ethnic minority communities.
- Named in honor of **Bebe Moore Campbell**, a champion for culturally responsive mental health care.

What is Mental Health?

Mental health affects:

1. Emotional well-being
2. Relationships
3. Physical health
4. Decision-making
5. Spiritual growth

Mental Health Disparities

- Adults receiving mental health treatment
- Illustrative comparison based on recent national survey patterns showing disparities in access.

National Findings

Population	Received Mental Health Treatment
White Adults	71.1%
Black Adults	58.4%
Hispanic Adults	58.8%

Reasons for Disparities

- Unequal access
- Cost barriers
- Stigma
- Cultural beliefs
- Lack of diverse providers

Key Message:

"Bear one another's burdens.." Galatians 6:2

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Psalms 34: 18

Mental illness is treatable, and seeking help is a sign of wisdom—not weakness.

GET INVOLVED.

Make a Difference.

Practical Ways to Support MINORITY MENTAL HEALTH



EDUCATE YOURSELF

Learn about the unique mental health challenges in minority communities.



START CONVERSATIONS

Talk openly about mental health and listen without judgment.



SUPPORT LOCAL ORGANIZATIONS

Volunteer or donate to mental health organizations that serve minority communities.



ADVOCATE

Support policies and initiatives that improve access to culturally competent mental health care.



BE PRESENT

Check in on family, friends, and neighbors. Your support can change a life.



TOGETHER, WE CAN
HEAL. EMPOWER. THRIVE.
MIND. BODY. SPIRIT.



YOU MATTER.
You Are Not Alone.