

# BIPOC MENTAL HEALTH AWARENESS MONTH



Also known as Bebe Moore Campbell National Minority Mental Health Awareness Month, July is dedicated to addressing the mental health challenges faced by Black, Indigenous, and People of Color (BIPOC) communities. This observance highlights the importance of equitable mental health care and continues the legacy of Bebe Moore Campbell, a respected author, journalist, teacher, and mental health advocate. Campbell worked tirelessly to shed light on the unique barriers BIPOC individuals face in accessing quality mental health services until her passing in 2006. To honor her work, July was officially designated in her name in 2008.

## Understanding the Mental Health Disparities

While mental health issues affect people across all backgrounds, BIPOC individuals often encounter additional challenges, including systemic racism, cultural stigma, and limited access to culturally competent care. These factors can make it harder to seek support and receive the necessary treatment. BIPOC Mental Health Awareness Month serves as a time to educate, advocate, and empower communities to address these disparities and work towards a more inclusive mental health system.



***Check out the next page for more information about BIPOC Mental Health Awareness Month!***

## How to Get Involved

There are many ways to support BIPOC Mental Health Awareness Month and help make a difference:

**Educate Yourself & Others:** Learn about the specific mental health challenges that BIPOC communities face by reading books, watching documentaries, and following reputable organizations dedicated to BIPOC mental health. Share what you learn to help foster awareness and understanding.

**Celebrate Culture & Community:** Recognizing and embracing cultural identity is essential for mental well-being. Supporting BIPOC-owned businesses, attending cultural events, and engaging in meaningful conversations can strengthen community bonds and promote mental health.

**Advocate for Change:** Systemic issues require systemic solutions. Advocate for policies that improve mental health care access for BIPOC communities, support organizations doing this work, and encourage open conversations about mental health within your own circles.

**Seek and Offer Support:** If you or someone you know is struggling, remember that seeking help is a sign of strength. Encouraging open discussions about mental health can break down stigma and create supportive environments for those in need.



## You're Not Alone

Mental health care should be accessible to everyone, and no one should have to face their struggles alone. If you or a loved one needs support, reaching out is the first step toward healing. There's no shame in seeking help, and there are resources available to provide guidance and assistance. Together, we can create a future where every person receives the mental health care and support they deserve.

This July, let's honor Bebe Moore Campbell's legacy by advocating for change, fostering community, and ensuring that mental health care is equitable and inclusive for all.

## WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

**Call us today at**