

July 1<sup>st</sup>, 2021

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<https://www.mhanational.org/BIPOC-mental-health-month>

<https://nned.net/about/nmmham/>

<https://www.kfai.org/july-8th-july-is-minority-mental-awareness-month-on-health-notes/>

# July is National Minority Mental Health Awareness Month

"We need a national campaign to destigmatize mental illness, especially one targeted toward African Americans... It's not shameful to have a mental illness. Get treatment. Recovery is possible." -Bebe Moore Campbell



## Breaking the Stigma

July was first declared as National Minority Mental Health Awareness Month in 2008. Since then, July has been a time to acknowledge and explore issues concerning mental health, substance use disorders, and minority communities, and to destigmatize mental illness and enhance public awareness of mental illness among affected minority groups across the U.S. Studies suggest that racial minority groups and sexual minority groups show higher levels of anxiety, depression, suicidal tendencies, post-traumatic stress disorder (PTSD), and other mental health disorders. Unfortunately, in most of the cases, society's deep-rooted prejudice towards such stigmatized minority groups is a major cause of feelings of rejection, estrangement, and harassment. Moreover, immigration status, economic conditions, education levels, and access to public health benefits are just a few differences that can adversely impact the experiences of various ethnic groups in the U.S.

## Minority Mental Health Month



Mental illness doesn't discriminate by your background or race, but access to care might.

## History

Formally recognized in June 2008 (and currently designated as), Bebe Moore Campbell National Minority Mental Health Awareness Month was created to bring awareness to the unique struggles that underrepresented groups face in regard to mental illness in the US. Bebe Moore Campbell was an American author, journalist, teacher, and mental health advocate who worked tirelessly to shed light on the mental health needs of the Black community and other underrepresented communities.

## WAYS TO GET INVOLVED

- National Minority Mental Health Awareness Month Facebook Page
- Tweet using #MinorityMentalHealth
- Take the pledge to raise awareness
- Mental Health Awareness (MHA) hosts a campaign to raise mental health awareness in marginalized and undeserved communities