

BIPOC MENTAL HEALTH MONTH

July is BIPOC Mental Health Month, formally recognized by Congress in 2008 as **Bebe Moore Campbell National Minority Mental Health Awareness Month**. Bebe Moore Campbell was an American author, journalist, teacher and mental health advocate who worked tirelessly to shed light on the unique struggles that under-represented groups face in regard to mental illness in the United States.

Fear of judgment, cultural beliefs, generational differences, and lack of access to resources often prevent people of color from addressing struggles openly and seeking the help they need. Breaking the silence is a crucial step toward combatting stigma, healing, and prioritizing mental wellness.

- The [Couched in Color](#) podcast is designed to enlighten and encourage dialogue about mental health in diverse communities. Hosted by Dr. Alfiere Breland-Noble—a thought leader and expert in mindfulness, mental health disparities, and burnout prevention—each episode brings forth insights from mental health professionals, people with lived experiences, celebrities, and influencers on the issues impacting youth, young adults, families, and communities of color.
- [This Is My Brave](#) is a platform that encourages individuals to put their names and faces on the true stories of their recovery from mental illness and addiction. Through comedy, dance, monologues, essays, and poetry, people of color share their truth and give hope to those who are struggling.
- In [The Unapologetic Guide to Black Mental Health](#), psychologist and African American mental health expert Dr. Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, practice emotional wellness, and get the best care possible.



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Knowing who you are begins with
the mind. — Bebe Moore Campbell

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You do not have to share your deepest darkest secrets on social media to become a mental health advocate. You can stand up for others by sharing your story privately with a friend, neighbor or loved one. You also don't have to share your story if you're not yet ready. You can also:

- Support someone who needs help
- Volunteer for a local mental health organization
- Encourage your local politicians to [prioritize mental health](#)
- Correct those who use stigmatizing language
- [Pledge to be stigma free](#)

Our societal perception of mental health, including mental illness, will not change if we do not take action to change it ourselves. Together, we can change how the world views mental health. We can continue the mental health movement by speaking out, sharing our stories and showing others that they are not alone.

Please be reminded that support is always available through the Employee Assistance Program. **JHEAP** can help you and your household members by providing free, confidential access to emotional and mental-wellbeing resources, including:

- Needs assessment and referral to short-term professional counseling for any issue that's on your mind
- Resources and referrals to support medication management, and self-care for mind, body and spirit
- Online articles, tips and self-assessments to help identify signs, symptoms and treatment options for various conditions



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