

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.

Now more than ever, the mental health community must come together—across diverse backgrounds, cultures and perspectives—and show that no one is ever really alone. Sharing our stories is a powerful way to reduce mental health stigma and offer hope to those affected by mental illness.

- The NAMI docuseries, *Strength Over Silence*, highlights perspectives on mental health across diverse communities and emphasizes the importance of culture and identity in the mental health movement. Click [here](#) to view candid and courageous stories of resilience and recovery.
- Diamond James is a Licensed Clinical Social Worker Associate who uses her website [BreakingDownStigma.com](#) to promote discussions about mental health and empower communities of color to speak out and invest in their wellness. Click [here](#) to view her blog posts on everything from experiencing COVID-19 survivor's guilt to journeying through grief to practicing radical acceptance.
- Lorenzo Lewis is a mental health advocate and founder of The Confess Project, an initiative that confronts the stigma around mental health for men and boys of color. Click [here](#) for his insights on overcoming stigma around seeking mental illness in the African American community.
- Kara Lynch is the writer of [kontentlykara.com](#), a blog intended to inspire people with mental health challenges and give others the opportunity to see themselves in her story. Click [here](#) for Kara's 4 ways to love yourself as a black woman with mental illness.



Stigma is one of the main reasons why people with mental-health problems don't seek treatment or take their medication. People of color, particularly African-Americans, feel the stigma more keenly. In a race-conscious society, some don't want to be perceived as having yet another deficit. - Bebe Moore Campbell

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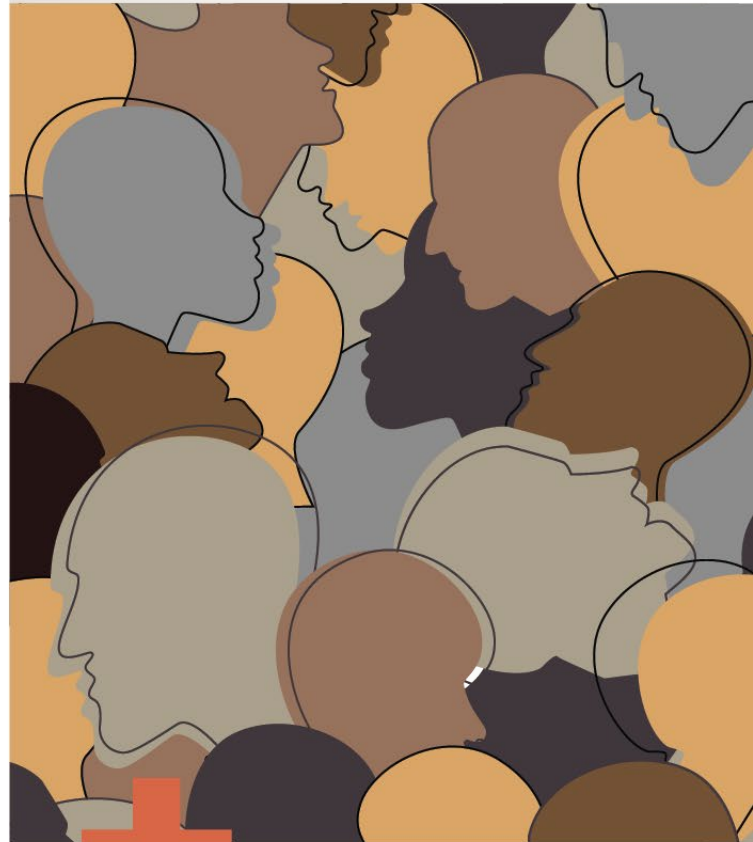
You do not have to share your deepest darkest secrets on social media to become a mental health advocate. You can stand up for others by sharing your story privately with a friend, neighbor or loved one. You also don't have to share your story if you're not yet ready. You can also:

- 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 available through the Employee Assistance Program. **CCA@YourService** can help you and your family members by providing free, confidential access to emotional wellbeing and mental health resources, including:

- 24/7 phone access to counselors for in-the-moment support
- Referrals to short-term professional counseling for any issue that's on your mind
- Resources and referrals to support medication management, and self-care for the mind, body and spirit
- Online articles, tips and self-assessments to help identify signs, symptoms and treatment options for various conditions



PHONE: **800-833-8707**

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