

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.

- **Celeste the Therapist** has dedicated her personal and professional endeavors to breaking the stigma surrounding emotional and mental health, especially in communities of color. Through her podcast, which streams on all platforms in over 100 countries, she aims to shift the way people think and give people hope. Click [here](#) to access the latest episodes.
- You may know **Chris Hubbard** as the offensive tackle for the Cleveland Browns. He's also a mental health ambassador committed to tackling stigma around seeking emotional support. Click [here](#) to join Hubbard on a journey to his hometown of Columbus, GA, where shares the challenges of playing competitive sports and encourages young athletes to take care of their mental health.
- **From Silence to Recovery** features 10 advocates and experts who speak their truth about mental health issues in the Black community. Click [here](#) to learn how they are raising their voices to help individuals, families, and their loves ones find help and community.
- **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 share their truth and give hope to those who are struggling. Click [here](#) to watch inspirational stories of self-discovery and healing.



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

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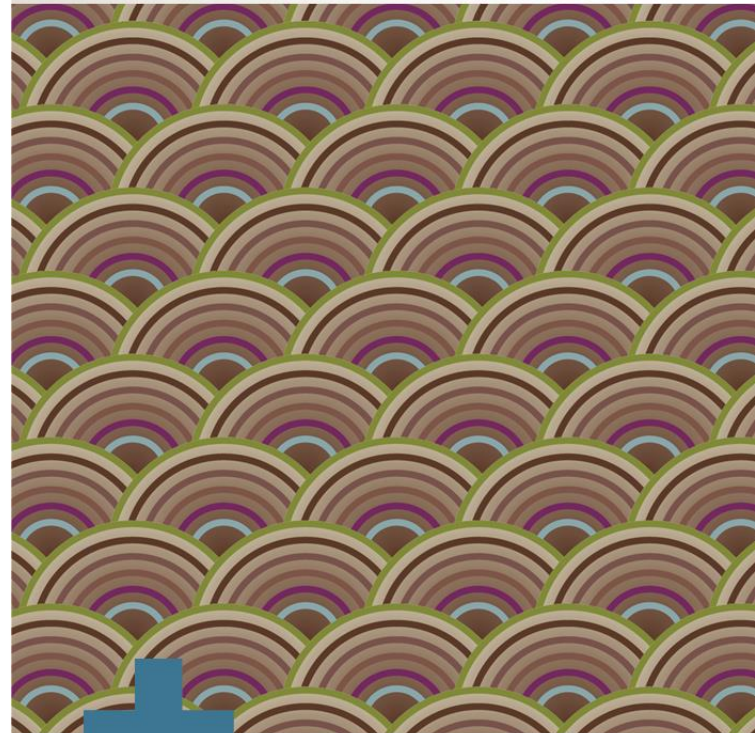
You do not have to share your deepest darkest secrets on social media to become a mental health advocate. You can stand up for others by sharing your story privately with a friend, neighbor or loved one. You also don't have to share your story if you're not yet ready. You can also:

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



Please be reminded that the Employee Assistance Program, **CCA@YourService**, offers you and your family free, confidential, 24/7 access to professional counseling for any issue that's on your mind, as well as provider location and referrals for everyday needs, including support groups, volunteer opportunities, health and wellness practitioners, and more.

PHONE: 800-833-8707

WEB: www.myccaonline.com
(Company Code: stjohns)

