Welcome to the July 2022 Prevention Post, celebrating National Minority Mental Health Awareness Month!

We have worked tirelessly over the last several years to decrease stigma around and increase access to mental health services in the United States, however research demonstrates that diverse populations are still disproportionately affected by disparities in both general and mental health due to systemic barriers to care, historical prejudice within our society, and stigma towards mental health care. To help shed light on this issue, July was announced as National Minority Mental Health Awareness Month in 2008 in honor of Bebe Moore Campbell, a mental health advocate and National Alliance on Mental Illness (NAMI) Urban Los Angeles co-founder. In conjunction with NAMI’s “Together for Mental Health” message, we’ve included several resources below for both providers and community members to increase their understanding of minority mental health and find ways to help. Some of their suggestions include:

1. Share the lived experiences of underrepresented populations through NAMI.org Personal Stories
2. Use the hashtags #MMHAM, #NotAlone, and #Together4MH on social media during the month of July
3. Become an advocate for improving access to mental health services, especially for marginalized communities
4. Be an ally for minority populations by elevating their voices and needs in all spaces

You can also follow the organizations listed below on social media for resources and infographics related to minority mental health throughout the month of July. Lastly, please follow our Centennial Facebook page for additional infographics and information on how to assist these individuals. Together we can create a more equitable society for everyone and improve the health and wellbeing of our communities!

(U.S. Department of Health and Human Services, Office of Minority Health)
https://minorityhealth.hhs.gov/minority-mental-health/

(Mental Health Technology Transfer Center Network Substance Abuse and Mental Health Services Administration)

(National Alliance on Mental Illness)

(National Child Traumatic Stress Network)

(National Library of Medicine)
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3928067/