

# SAMPLE NEWSLETTER ARTICLE



July is Bebe Moore Campbell National Minority Mental Health Awareness Month, a time to highlight the unique strengths and challenges faced by Black, Indigenous, and people of color (BIPOC) in relation to mental health. Named in honor of Bebe Moore Campbell, a journalist, teacher, author, and mental health advocate, this month is dedicated to continuing her legacy by focusing on the mental health needs and experiences of BIPOC communities.

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. To overcome these barriers, it is essential to foster open and honest conversations about mental health. Breaking the silence is a crucial step toward healing and prioritizing mental wellness.

This July, we encourage everyone to take steps towards improving mental health in BIPOC communities. To support these efforts, Mental Health America has created a free BIPOC Mental Health Toolkit. The toolkit contains handouts, outreach ideas, social media assets, and other resources to help combat stigma, break down myths, and encourage conversations about mental health.

By sharing stories, listening to others, and supporting one another, we can create a more inclusive and understanding environment where mental health is prioritized for everyone. Let's work together to promote mental health awareness in all BIPOC communities.

For more information, explore the BIPOC Mental Health Toolkit provided by Mental Health America at [mhanational.org/july](https://mhanational.org/july) and visit the BIPOC Mental Health Resource Center at [mhanational.org/bipoc](https://mhanational.org/bipoc).

