

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.

- Formal NFL star and Pro-Bowler **Brandon Marshall** has been open and honest about his experience with mental health issues, mental health treatment, and why it's so important to break stigma around mental health. In this [clip](#) from "CBS Mornings," he shares that it's okay to connect with emotion, it's okay to express pain, and you don't have to suffer in silence. Revealing mental health struggles isn't about weakness, it's about taking control of your journey toward healing and wholeness.
- **Decolonizing Mental Health**, a digital series from WORLD Channel & Rada Studio, is aimed at dismantling the racism in the mental healthcare industry. Through 20 profiles, the [series](#) discusses the unique mental health care challenges faced by underrepresented communities and what a more responsive and inclusive mental healthcare system should look like.
- **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 always available through the Johns Hopkins 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



**COUNSELING SERVICES
REQUEST FORM:**
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WEB: www.myccaonline.com
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