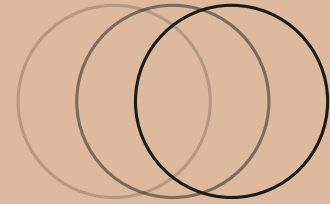
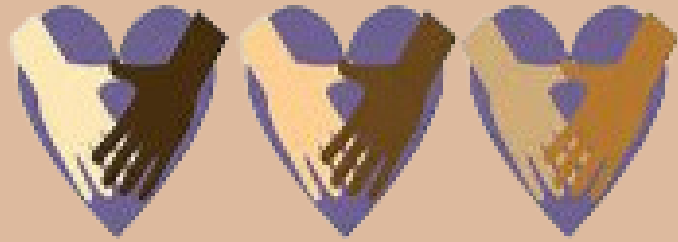


JULY

## News Letter



**“YOUR  
MENTAL  
HEALTH  
SHOULD  
NOT  
BE  
STIGMATIZED”**

## History

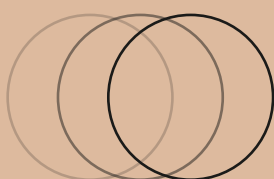
JULY WAS FIRST DECLARED AS NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH IN 2008. SINCE THEN, JULY HAS BEEN A TIME TO ACKNOWLEDGE AND EXPLORE ISSUES CONCERNING MENTAL HEALTH, SUBSTANCE USE DISORDERS, AND MINORITY COMMUNITIES, AND TO DESTIGMATIZE MENTAL ILLNESS AND ENHANCE PUBLIC AWARENESS OF MENTAL ILLNESS AMONG AFFECTED MINORITY GROUPS ACROSS THE U.S. STUDIES SUGGEST THAT RACIAL MINORITY GROUPS AND SEXUAL MINORITY GROUPS SHOW HIGHER LEVELS OF ANXIETY, DEPRESSION, SUICIDAL TENDENCIES, POST-TRAUMATIC STRESS DISORDER (PTSD), AND OTHER MENTAL HEALTH DISORDERS. UNFORTUNATELY, IN MOST OF THE CASES, SOCIETY’S DEEP-ROOTED PREJUDICE TOWARDS SUCH STIGMATIZED MINORITY GROUPS IS A MAJOR CAUSE OF FEELINGS OF REJECTION, ESTRANGEMENT, AND HARASSMENT. MOREOVER, IMMIGRATION STATUS, ECONOMIC CONDITIONS, EDUCATION LEVELS, AND ACCESS TO PUBLIC HEALTH BENEFITS ARE JUST A FEW DIFFERENCES THAT CAN ADVERSELY IMPACT THE EXPERIENCES OF VARIOUS ETHNIC GROUPS IN THE U.S.



# Fall in love with yourself

**AT NICK FLOYD AND ASSOCIATES WE BELIEVE THAT MENTAL HEALTH IS IMPORTANT BUT UNDERSTAND THAT GETTING HELP ISN'T ALWAYS EASY.**

**PRIORITIZING MINORITY MENTAL HEALTH CAN CONTRIBUTE TO A MORE INCLUSIVE AND DIVERSE SOCIETY. WHEN INDIVIDUALS FROM ALL BACKGROUNDS HAVE THEIR MENTAL HEALTH NEEDS ACKNOWLEDGED AND SUPPORTED, IT FOSTERS A SENSE OF BELONGING AND EMPOWERMENT. THIS, IN TURN, CAN LEAD TO INCREASED PRODUCTIVITY, CREATIVITY, AND OVERALL SOCIETAL WELL-BEING.**



**CULTURE, ETHNICITY, AND RACE ALL PLAY A ROLE IN THE WAY THAT EACH PERSON EXPERIENCES THE WORLD. THESE FACTORS, AMONG OTHERS, HAVE PROFOUND EFFECTS ON MENTAL HEALTH, ESPECIALLY FOR BLACK, INDIGENOUS, AND PEOPLE OF COLOR (BIPOC)**

**PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.**

**CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.**

