



Empowering Individuals and Strengthening Communities

BIPOC MENTAL HEALTH MONTH

Learn more at mhanational.org/july



July is BIPOC Mental Health Month

Black, Indigenous and People of Color (BIPOC) Mental Health Month (previously called Minority Mental Health Month) was created to bring awareness to the unique struggles that underrepresented groups face regarding mental health challenges. Cultural norms, lack of access to adequate healthcare and mistrust of systems and institutions often hampers help-seeking behaviors and affects how members of the BIPOC community cope with symptoms of mental illness.

Based on the belief that screening is essential for the early detection and intervention, Mental Health America offers several online tools to help determine whether you are experiencing symptoms of a mental health condition.

[Online Screening Tools](#)

Mental Health Resources for BIPOC Communities

Black/African American Resources

[Therapy for Black Girls](#)
[Therapy for Black Men](#)

LGBTQ+ Resources

[National Queer and Trans Therapists of Color Network](#)

[The Trevor Project](#)

Asian American/Pacific Islander Resources

[Asian American Health Initiative](#)

Latinx/Hispanic Resources

[Therapy for Latinx](#)

Native and Indigenous Resources

[WeRNative](#)

More resources and data can be found on the Mental Health America website.

BIPOC Mental Health

The Impact of Racism on Mental Health

Montgomery County Public Schools recently devoted two episodes of their Waymaking series to exploring the impact of racism on mental health. The first episode discussed the systemic barriers and stigma that prevents communities of color from participating in mental health and the second addressed strategies, practices, and policies needed to eliminate barriers for communities of color to access and receive quality mental health support.

Episode 1

Episode 2

EveryMind Awarded 2020 Workplace Excellence Seal of Approval



For the 16th time, EveryMind has been honored with the Workplace Excellence Seal of Approval from the [Alliance for Workplace Excellence](#). Recipients of this award are evaluated on their workplace policies like family and employee friendly policies and programs, strong health and wellness

initiatives, employee growth and learning opportunities, commitment to corporate, social and civic responsibility. flexible work environment and safety and security.

As a leading expert in teaching self-care strategies, EveryMind promotes practices that ensure our employees take care of themselves and provides policies that support their ability to engage in self-care. We also offer several educational opportunities to businesses, faith organizations, nonprofits and other entities to teach self-care techniques. Visit our website to learn more about how to bring a self-care workshop to your workforce.

Self-Care Webinar

Education Workshops

EveryMind offers other resources and tools related to managing self-care and mental wellness during COVID-19. Please visit our website to learn more.

COVID-19 Mental Health Resources

Community is Key During COVID-19

There is no doubt that COVID-19 has impacted every corner of our community in ways that will require long-term commitment and perseverance in order to fully recover. From these difficult times, however, there has emerged a strong sense of partnership and collaboration stemming from a belief that we are truly all in this together.

Nowhere has this been more apparent than in our [ServingTogether](#) program where we are witnessing food insecurity and financial instability at record-high levels and where partners from across the region have come together in solidarity and service.

ServingTogether is excited about a recent collaboration with two organizations to bring new supports and resources to the military-connected community. [Teens Helping Seniors](#) is a group of teen and adult volunteers who purchase and deliver groceries to vulnerable seniors and families. The [Food Security Task Force of Montgomery County](#) provides boxes of fresh produce throughout the county to families in need. ServingTogether's collaboration with these two organizations ensures that fresh produce will be delivered every week to our veterans and their families. We are continually inspired to see community partners come together in response to such great need.



Participants Needed for NIMH Study on the Impact of COVID-19 on Mental Health

Researchers at the National Institute of Mental Health (NIMH) are conducting an online research study to learn about how stressors related to the COVID-19 virus affect mental health over time to better understand the experiences of participants during this difficult time. Participation involves completing online questionnaires every two weeks, for 6 months. The questionnaires take about 20 minutes to complete. You must be at least 18 years old to participate. Participation is voluntary, and you may withdraw at any time. Compensation is not provided.

[NIMH COVID-19 Study](#)

Need Help/Support/Resources?

Call or Text: 301.738.2255

Chat: <https://suicidepreventionlifeline.org/chat/>

ServingTogether Veteran Peer Navigator : 1.855.738.7176

[Sign-up](#) for the EveryMind newsletter.

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Our mission.