

Celebrating BIPOC Mental Health Month



July celebrates BIPOC Mental Health Month.

Racism in all of its overt and subtle forms continues to threaten the health and well-being of Black, Indigenous People and People of Color (BIPOC).

The chronic stress associated with being a target or potential target of discrimination can lead to situational and chronic mental health conditions, including anxiety and depression, as well as substance use. In fact, depression is the most commonly reported condition across BIPOC. It's a lot to take in and difficult for anyone to cope with, much less overcome, without help.

Help raise awareness

If it's not you, it's likely someone you know — 1 in 5 U.S. adults experience mental illness. Of the nearly 42% of Americans who identify as BIPOC, mental illness affects an estimated:

- **17% of Black adults**
- **23% of Indigenous adults**
- **13% of Asian adults**
- **15% of Hispanic or Latin adults**
- **25% of people who identify as being two or more races**



Help is available

Remember that support is available 24/7. Reach out to your employee assistance program (EAP) anytime to connect with someone who can listen and provide culturally competent resources and tools. If needed, they can connect you with a therapist.

The stigma associated with mental health causes many people to hide, deny or ignore what they're really experiencing — and not seek treatment.

Start the conversation

BIPOC Mental Health Month was created to bring awareness to the unique struggles that people of color face regarding mental illness in the United States. For additional information and resources on BIPOC mental health, visit Mental Health America's BIPOC Mental Health page.

Sources:

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