

MENTAL HEALTH FIRST AID MONTHLY NEWSLETTER



July is [Minority Mental Health Awareness Month](#), and Mental Health First Aid (MHFA) and marked the occasion by taking a closer look into the state of mental health and wellbeing for minority populations across the country. Mental health and substance use challenges affect minority populations at different rates as compared to the general population, and illustrated how the COVID-19 pandemic has exacerbated these disparities.



Thankfully, we can all do our part to support ourselves and each other with the right information, tools and resources to help begin closing these gaps in care. This month, we shared ways you can get involved and tips on how to support minority communities around you. Joining your workplace's diversity, equity and inclusion committee (or starting one!) to support people of color in the workplace or even volunteering at a local community center are great places to start. Opening a space for honest conversations to learn about different cultures and backgrounds shows someone that you care about and respect them and ensures that you're able to offer them the best assistance possible. Educating yourself through activities like attending cultural fairs and events, educating yourself about other cultures and listening nonjudgmentally can go a long way toward learning how to help someone who may be struggling.

There is always more to learn and room to grow, and Mental Health First Aid is committed to making mental wellbeing accessible to all communities. We are excited to announce that [Mental Health First Aid USA and Kaiser Permanente](#) are joining efforts to increase MHFA's network of

July is [Minority Mental Health Awareness Month](#), and Mental Health First Aid (MHFA) and marked the occasion by taking a closer look into the state of mental health and wellbeing for minority populations across the country. Mental health and substance use challenges affect minority populations at different rates as compared to the general population, and illustrated how the COVID-19 pandemic has exacerbated these disparities.



Thankfully, we can all do our part to support ourselves and each other with the right information, tools and resources to help begin closing these gaps in care. This month, we shared ways you can get involved and tips on how to support minority communities around you. Joining your workplace's diversity, equity and inclusion committee (or starting one!) to support people of color in the workplace or even volunteering at a local community center are great places to start. Opening a space for honest conversations to learn about different cultures and backgrounds shows someone that you care about and respect them and ensures that you're able to offer them the best assistance possible. Educating yourself through activities like attending cultural fairs and events, educating yourself about other cultures and listening nonjudgmentally can go a long way toward learning how to help someone who may be struggling.

There is always more to learn and room to grow, and Mental Health First Aid is committed to making mental wellbeing accessible to all communities. We are excited to announce that [Mental Health First Aid USA and Kaiser Permanente](#) are joining efforts to increase MHFA's network of instructors in diverse communities in states across the country. With support from iHeart Media, this initiative aims to increase awareness about mental health resources in communities of color. Don Mordecai, MD, Kaiser Permanente's National Leader for Mental Health and Wellness explains, "These programs can help make a positive difference in our diverse communities by bringing mental health and wellness out in the open and creating a culture of acceptance and support."

Together we can #BeTheDifference for minority populations – and work towards a more equitable future.

Be sure to check out our blog and social media channels for daily information and tips – follow us on [Twitter](#), [Facebook](#) and [Instagram](#)!



Apply Today: Bring tMHFA to Your New Jersey School or Organization at No Cost!

[Apply today](#) to bring teen Mental Health First Aid (tMHFA) to your New Jersey school or youth-serving organization's young people **at no cost**. Applications are available on the [Mental Health First Aid website](#).

Thanks to funding provided by the New Jersey Pandemic Relief Fund through the Community Foundation of New Jersey, the National Council for Mental Wellbeing is offering [teen Mental Health First Aid](#) (tMHFA) to **50 high schools and/or youth-serving organizations in New Jersey at no cost!**

Applications are due August 20, 2021, at 11:59 pm ET. The National Council will host an [informational session](#) on August 12 at 9:30 a.m. ET to answer any questions you may have.

[More information and the application](#) can be found on the Mental Health First Aid website. You can also email any questions to NJteenMHFA@TheNationalCouncil.org.

breathing exercises and mindfulness. Studies show that these self-care strategies can lead to better mental health and positive emotions. [Read more](#).

ALGEE IN THE NEWS



At Northern Essex Community College (Haverhill, Mass.), faculty and staff are completing their MHFA certifications to assist students living with mental health and substance use challenges.

[Read more](#).

In La Crosse, Wisc., La Crosse Aquinas Catholic Schools will be trained in Youth MHFA to learn to identify, understand and respond to signs and symptoms of mental health and substance use challenges in students – in and out of school.

[Read more](#).

Howell Alliance, a community-based organization for residents of Howell Township, N.J., will host Youth MHFA to train participants how to help young people as they go back to school and social activities in the wake of the COVID-19 pandemic.

[Read more](#).

Thank you for choosing to #BeTheDifference, Mental Health First Aid USA



The [National Council for Mental Wellbeing](#) is the unifying voice of America's health care organizations that deliver mental health and addictions treatment and services. Together with our 3,326 member organizations serving over 10 million adults, children and families living with mental illnesses and addictions, the National Council is committed to all Americans having access to comprehensive, high-quality care that affords every opportunity for recovery. The National Council introduced [Mental Health First Aid USA](#) and 2 million Americans have been trained. For more information, please visit www.TheNationalCouncil.org.