





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.

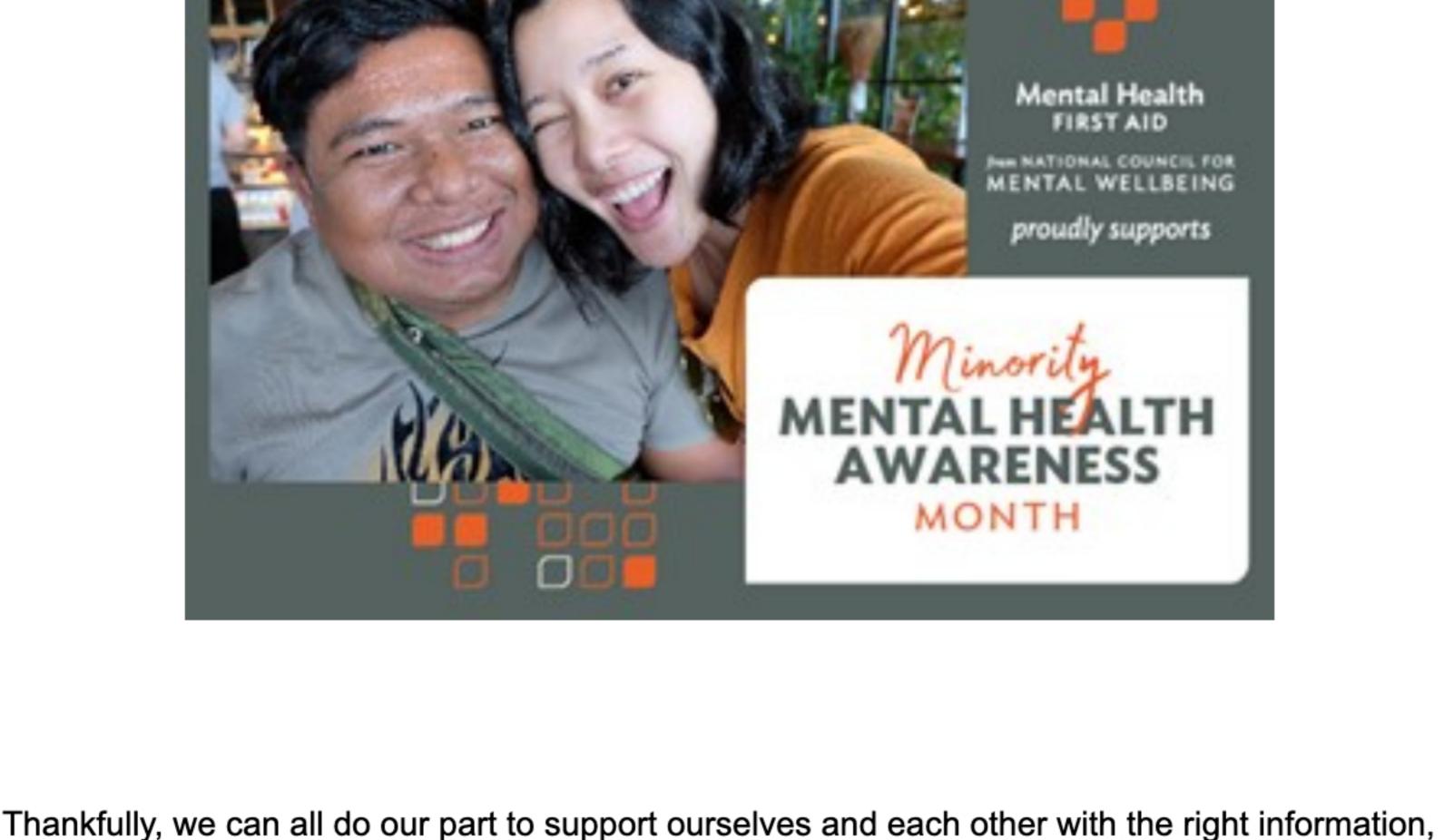


tools and resources to help begin closing these gaps in care. This month, we shared ways you can get involved and tips on how to support minority communities around you. Joining your workplace's diversity, equity and inclusion committee (or starting one!) to support people of color in the workplace or 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

Thankfully, we can all do our part to support ourselves and each other with the right information,

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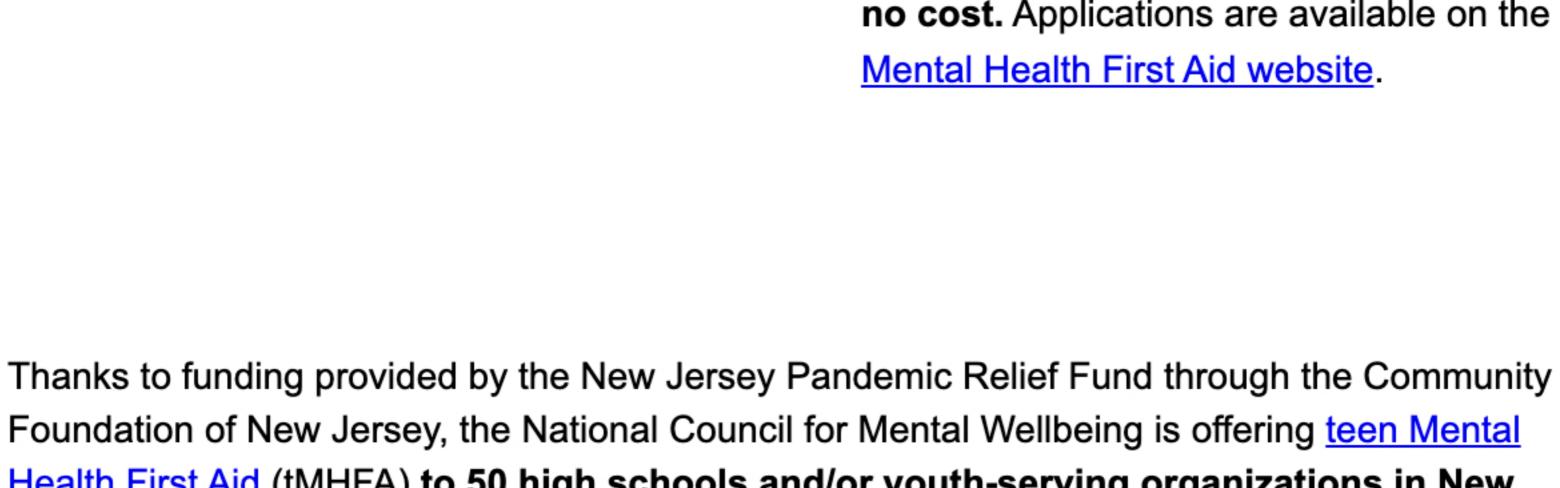
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Together we can #BeTheDifference for minority populations – and work towards a more equitable future. Be sure to check out our blog and social media channels for daily information and tips – follow us on <u>Twitter</u>, <u>Facebook</u> and <u>Instagram!</u>

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



APPLY NO

Bring teen Mental

Health First Aid to

teens in New Jersey

at NO COST!

Visit MHFA.org/tMHFA-NJ

support."

Apply Today: Bring tMHFA to Your

New Jersey School or Organization

at No Cost!

Apply today to bring teen Mental Health First

youth-serving organization's young people at

Aid (tMHFA) to your New Jersey school or

no cost. Applications are available on the

Mental Health First Aid website.

breathing exercises and mindfulness. Studies show that these

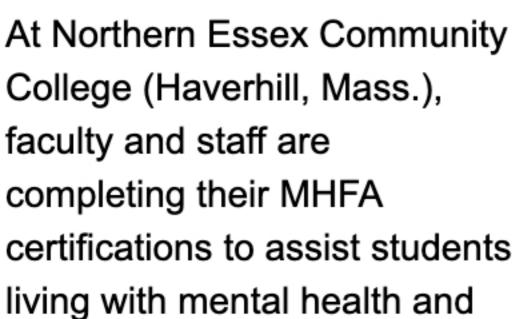
Health First Aid (tMHFA) to 50 high schools and/or youth-serving organizations in New Jersey at no cost! Applications are due August 20, 2021, at 11:59 pm ET. The National Council will host an informational session on August 12 at 9:30 a.m. ET to answer any questions you may have.

self-care strategies can lead to better mental health and positive emotions. Read more.

More information and the application can be found on the Mental Health First Aid website. You

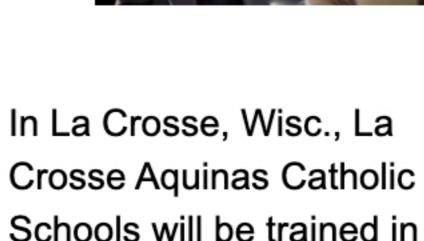
can also email any questions to NJteenMHFA@TheNationalCouncil.org.

ALGEE IN THE NEWS

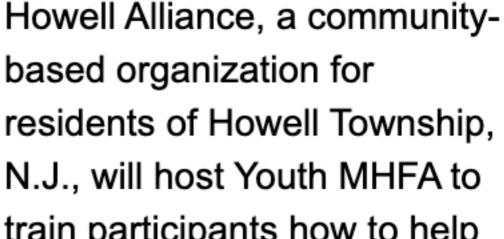


Read more.

substance use challenges.



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.



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



