

# Minority Mental Health Awareness Month

Our culture, beliefs, sexual identity, values, race, ethnicity and language can all affect how we perceive mental health conditions and treatment. These differences can influence whether or not we seek help, what type of help we seek, what coping styles and supports we have, and what treatments might work for us.

As Minority Mental Health Awareness Month, July is set aside as a time to promote mental health awareness in all communities and among all races and cultures.

When seeking mental health assistance in any form, it is important to be confident when disclosing relevant information about beliefs, culture, sexual orientation and/or gender identity that could potentially affect care. Providers play a vital role in treatment, so it's important to feel comfortable with them and to know you can communicate well with each other. **Culturally competent** mental health professionals can integrate beliefs and values into treatment, making it easier to address issues and to benefit from counseling or other forms of mental health support.

Your EAP is committed to supporting diverse workforces and strives to fulfill your preferences for culturally competent mental health professionals who can meet your emotional needs.

This [video](#) from your Employee Assistance Program explains how counseling can work for you and your family.

## Resources

- NAMI Minority Mental Health Awareness: <https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month>
- NAMI Identity and Cultural Dimensions: <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions>
- U.S. Department of Health and Human Services, Office of Minority Health: [www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov)
- **GuidanceResources® Digital Toolkit: [Diversity and Inclusion](#)**

## Here when you need us.

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