

BIPOC Mental Health Month

July is BIPOC Mental Health Month, formally recognized by Congress in 2008 as Bebe Moore Campbell National Minority Mental Health Awareness Month. Bebe Moore Campbell was an American author, journalist, teacher and mental health advocate who worked tirelessly to shed light on the unique struggles that under-represented groups face regarding mental illness in the United States.

This month provides a dedicated time to not only honor the legacy of Bebe Moore Campbell but also highlight the need for preserving culture, creating community, and developing connections together in support of all individuals.

Culture, Community, & Connection

Creating and maintaining a sense of belonging and inclusion within one's environment is crucial to promoting mental well-being, and mental health is a critical component of overall health and wellness.

Diverse Support Programs

At CCA, we strive to help individuals from all backgrounds, cultures, and perspectives feel a sense of connection. We promote numerous ways for individuals to connect, including:

- **Peer Coaching** – Supported by our trained counselors, peer coaching provides easy and discreet support for employee groups such as doctors, nurses, essential workers, etc. to help their colleagues with a range of personal issues, while also reducing the stigma often associated with reaching out for mental health care.
- **Support Groups** – Designed to provide a forum for participants to air questions and concerns while receiving information and guidance, support groups are an opportunity for connection through structured meetings run by mental health professionals.
- **Employee Resource Groups** – Fostering connection through shared characteristics, we often collaborate with these special employee-led groups to help them support their members and promote change within their organization to create more emotionally healthy and inclusive work environments.

Training & Education

In our continued effort to help all individuals access mental health support, CCA provides a variety of educational opportunities that promote awareness, provide assistance, and cultivate inclusivity. Specialized training and educational resources are available in-person as well as through our website and member app. They include:

- Articles and online resources on topics including systemic racism, health equity, talking to children about racism, and more
- Seminars, expert speakers, and consultation for employee resource groups (ERGs)
- Workplace awareness initiatives on topics including anti-racism, micro-aggressions, and unconscious bias
- Leadership consultations, development, and support around Diversity, Equity, & Inclusion (DE&I) issues and how organizations can best move forward with their own DE&I initiatives

Other BIPOC Resources

In conjunction with the National Alliance of Mental Illness (NAMI), we have compiled an extensive list of organizations that offer a variety of mental health resources for the BIPOC community. Please [click here](#) to learn more about these BIPOC Mental Health resources to support your clients.

