

# Newsletter

Term I Spring | Issue 5 | Date: July 1st , 2021

**July is** *Minority Mental Health Awareness Month*. The Office of Minority dedicated to improving the health of racial and ethnic minority populations through the development of health policies and programs that will help eliminate health disparities.



# Wellness & Trauma

RECOVERY CENTER

## Minority Mental Health Awareness Month

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. [Bebe Moore Campbell National Minority Mental Health Awareness Month](#) was established in 2008 to start changing this.

Each year millions of Americans face the reality of living with a mental health condition.

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.

“The effect of racism and racial trauma on mental health is real and cannot be ignored.” [Read NAMI CEO, Daniel H. Gillison’s, full statement](#) about racist incidents across the country and their impact on mental health

**For more information please check out website below**

<https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month>



**1 IN 5 PEOPLE**

EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.

*You can make a difference.*

**For more information please visit**

<https://www.minorityhealth.hhs.gov/default.aspx>

## Coming Soon!

Hip Hop Expression

Adult Support group (Coping with COVID-19)

Women's support group

Painting Classes

Kid's Movie Night

Puppet Show



## CONTACT INFORMATION

Therapy for Individuals, Couples, & Families

324 West Pike St.

Suite 101

Lawrenceville, GA 30046

678-357-7789

<https://www.wellnessandtraumarecovery.com/>