



## National Minority Mental Health Series with Looms for Lupus and Wanda Green creator of Laughter and Inspiration with Lupus Facebook Group

July 2021

This series is created for YOU! We want to raise awareness of minority mental health by starting the healing process to engage and learn about the signs and symptoms of how mental health affects the minority communities. The weekly Facebook Live sessions will have a companion worksheet available for you to download, reflect and interact in your personal space on the topics, questions, art related activities as it pertains to the live discussion. Please save your worksheets. On the last week of July we will share our journey in our private forum which will take place via zoom to discover what we have learned during our five-week series.

### Week 3- Worksheet

Recommended Activities:

Activity 1: Complete Word Search

## Minority Mental Health

R	M	R	R	U	I	M	S	F	A	M	I	L	Y
D	U	A	F	S	I	S	O	H	C	Y	S	P	M
E	T	H	B	R	S	P	I	E	E	I	P	H	I
P	R	D	Y	I	I	T	L	U	I	H	S	I	N
R	A	N	T	C	P	E	P	T	C	M	U	S	O
E	P	S	E	M	E	O	N	I	R	P	I	U	R
S	T	M	I	T	E	P	L	D	T	A	C	P	I
S	S	D	X	T	M	E	H	A	L	I	I	P	T
I	O	E	N	L	I	D	A	I	R	I	D	O	I
O	P	D	A	H	E	L	P	L	I	N	E	R	E
N	C	E	G	T	I	P	P	P	T	M	E	T	S
S	E	L	F	H	A	R	M	N	P	T	S	D	Y
E	A	T	I	N	G	D	I	S	O	R	D	E	R
Y	I	A	D	D	I	C	T	I	O	N	O	I	E

- ANXIETY
- SELF HARM
- DEPRESSION
- SUICIDE
- SUPPORT
- FRIEND
- FAMILY
- ADDICTION
- EATING DISORDER
- PTSD
- POSTPARTUM
- PSYCHOSIS
- BIPOLAR
- MINORITIES
- HELPLINE

Complete the following Affirmation: A positive affirmation can help relieve stress. example: I am perfectly imperfect. \* I am loved.

I am: \_\_\_\_\_