



## National Minority Mental Health Awareness Month

National Minority Mental Health Awareness Month takes place every July. It helps people learn about mental health challenges faced by racial and ethnic minority communities.

Mental health means how we think, feel, and handle stress in our daily lives.

### Context

- Many communities did not have equal access to mental health care.
- Cultural stigma made people afraid to ask for help.
- Some groups were misunderstood or ignored by healthcare systems.

This month reminds us that feelings matter just as much as physical health.

It teaches students that asking for help is strong. Everyone deserves to feel safe, heard, and supported.