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July is National Minority Mental Health Awareness Month

In 2008, National Minority Mental Health Awareness Month was established to raise awareness of mental health challenges in minority populations. Bebe Moore Campbell, an author who was committed to mental health education and support of individuals in diverse communities, believed that the U.S. needed a national campaign to raise awareness about mental health issues affecting minorities. In May of 2008, the U.S house of Representatives agreed. The National Alliance on Mental Illness (NAMI) blog will be featuring minority mental health experiences all month long. Check out the blog at:

www.nami.org

Did you know?

High school students in North Carolina are at risk of becoming addicted to nicotine. This was confirmed by the N.C. Department of Health and Human Services analysis of vaping devices confiscated from students at seven schools in various parts of the state. Nicotine was present in 85 percent of e-cigarettes and vaping devices. The concern is that most people are not always aware that e-cigarettes contain nicotine. Vaping use has risen 900 percent from 2011-2017 among high school students. The resource to help people quit e-cigarettes and other tobacco products is to call "QuitNow" at 1-800-784-8669. This helpline is available 24 hours a day, seven days a week.