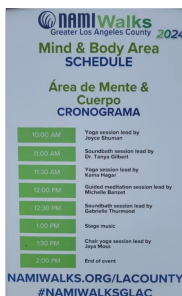




## Greetings Folks!

### NAMI WALK 2024

**We had an amazing day at Los Angeles State Historic Park supporting NAMIGLAC on 5/4/!**

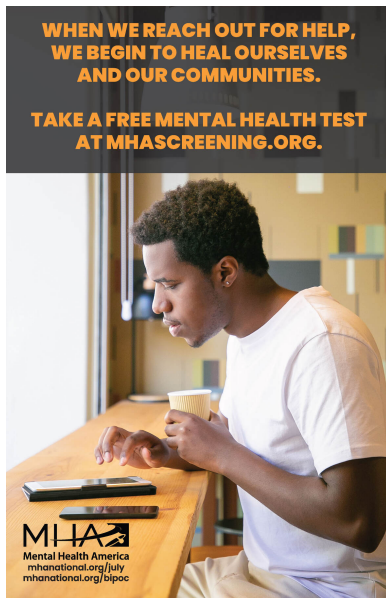


Thanks to our community collaborators for making this a very special day: @storygardenca for cinematography @soulfullhealingspaces and dr.tanyagilbert@gmail.com for soundbath sessions jayalakshmimoss@gmail.com for chair yoga

## We have to save ourselves

Expressing your feelings and needing help is not a sign of weakness - it's a sign of strength.  
Reach out to someone who cares.

Learn more about stigma and mental health myths in the BIPOC community at



[mhanational.org/july](https://mhanational.org/july).

## Speak out about stigma in BIPOC communities



Mental health stigma is a negative or discriminatory attitude someone holds about mental health. Learn more about how to break down stigma in BIPOC communities and create spaces where everyone feels comfortable sharing their experiences with mental health.

## Let's get outside

Outside of ourselves and moving in nature. We are creating an interest list for hikes in the Santa Monica mountains. [Learn more](#)



Kind regards,  
Madhavi



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