

AFRICAN AMERICAN MENTAL HEALTH AWARENESS MONTH

July 2026

Mental Health encompasses the psychological, emotional and social wellness for human beings. It helps people to understand how one thinks, feels and acts as well as how they make decisions, handle stress, and relate to others.

**Psalm 139:14 'I will praise thee' for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.'*

Life can deliver challenges of varying degrees. The blows can affect your outlook, household, income and your mind. We can be our worse critic because we hold ourselves to high standards, possibly due to societal pressures.

Children of God must remember they serve the great Comforter so they do not endure alone.

**Psalm 94:19 'In the multitude of my thoughts within me thy comforts delight my soul.'*

While no man can predict what may occur, our God promises never to leave nor forsake...through the good and bad times. Your uniqueness was masterfully created by God so He knows what is needed to effect change, which is ongoing in life.

**Philippians 1:6 'Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.'*

Patience is required when trusting in God to bring resolve and deliverance. The word of God was written to help transform your life. Life's challenges help develop your testimony which allows you to help others who may be experiencing the same.

**Psalm 121:2 'I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the LORD, which made heaven and earth.'*

Some healthy practices that can help one through challenges

Prayer/Reading and Meditating on Scripture

Sufficient Sleep and Rest

Healthy Diet

Daily Movement/Exercise

Therapeutic Services/Counseling

Social Connections/Group Activities



REMEMBER THERE IS NO PERFECT HUMAN BEING...TAKE DEEP BREATHS. PRAY. EXTEND GRACE TO YOURSELF AND FOR OTHERS!

By Dr. Denise Hodges, DRE,

Sources: www.webmd.com.; Hendricks, Howard G., Hendricks, William D. "Living By the Book" Arno, Richard Gene, Arno, Phyllis Jean "Creation Therapy"; KJV Holy Bible