



National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness. DMHAS is committed to identifying and eliminating the barriers that prevent marginalized individuals and communities from accessing services, opportunities, or advancements, for both our staff as well as for those we serve.

Through the work of the [Office of Multicultural Health Equity](#) (OMHE), including the Statewide Multicultural Advisory Council (MCAC), members comprised of state-operated facilities and private nonprofits shed light on the unique challenges and disproportionate inequities within the BIPOC (Black, Indigenous, People of Color) communities. The MCAC develops a three-year strategic plan that addresses these barriers and ensures compliance with Culturally and Linguistically Appropriate (CLAS) Standards.

The quarterly OMHE newsletter highlights some of the awareness events and happenings hosted by each of our statewide facilities' Multicultural and Diversity, Equity, and Inclusion (DEI) Committees. The DMHAS LGBTQ+ Collaborative also offers trainings and resources on intersectional identities and the systemic barriers affecting the LGBTQ+ Community.





## **Resources**

Here are some tools and resources addressing the stigma about mental health among racial and ethnic minority populations, particularly during the COVID-19 pandemic.

- [\*\*Worksheet: Talking to Your Loved Ones About Mental Health \(PDF\)\*\*](#) (Mental Health America)
- [\*\*BIPOC Mental Health Awareness Month Resources \(PDF\)\*\*](#) (Mental Health America)
- [U.S. Department of Health and Human Services Office of Minority Health Resources and Publications](#)
- [Prioritizing Minority Mental Health \(Centers for Disease Control and Prevention\)](#)
- [National Alliance for Hispanic Health](#)
- [Las Disparidades Raciales en el Tratamiento de la Salud Mental | Recursos para los Latinos \(helpadvisor.com\)](#)
- [Asian and Pacific Islander American Health Forum](#)
- [The Asian American and Pacific Islander \(AAPI\) Glass Ceiling in STEM | 50 Free Anti-Racism and Mental Health Resources – Columbia Engineering Boot Camps](#)
- [Center for Native American Youth \(Aspen Institute\)](#)
- [Supporting Diverse Communities \(American Foundation for Suicide Prevention\)](#)
- [Mental Health Resources for Minorities \(LinkedIn\)](#)