



# Outreach of the Month: Minority Mental Health Awareness Month

## Information for Your Patients

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Volume 7

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#### Gaps in care Outreach

Topic: Minority Mental Health Awareness

#### Follow the Link:

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#### Helpful Links:

Link 1: Protecting  
Minority Mental Health in  
the U.S. | Psychology  
Today

Link 2: Prioritizing  
Minority Mental Health |  
Health Equity Features |  
CDC

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**July is considered Minority Mental Health Awareness Month, this was to honor the late Bebe Moore Campbell, who fought for African Americans to ensure that they're getting mental health treatment. Mental health is just as important as our physical health, but not everyone goes to therapy, due to cultural taboos, discrimination, lack of knowledge, or language barriers.**

- In 2019, suicide was the second leading cause of death for African Americans aged 15-24.
- Almost one-third of Muslim Americans experienced discrimination in healthcare.
- In 2018, 60 % of Asian Americans and 50% Hispanic Americans were less likely to receive mental health treatment compared to non-Hispanic whites.

#### Why isn't mental health talked about?

- Most families believe mental health issues don't exist, and discussing mental health/asking for help is usually embarrassing to talk about, making it harder for family members to open up.

#### Who can help and what can they do?

- Family members can learn about mental health and how to respond, as in not using stigmatizing language, and most importantly providing support.
- Healthcare systems can make sure that their materials and resources are culturally appropriate and respectful, and offer mental health resources at a low cost.
- Communities can encourage faith-based leaders to discuss mental health therefore reducing stigma.

**\*Please schedule an appointment with you UOP PCP today!**

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