

July: Minority Mental Health Awareness Month

“Starting in 2008, the month of July has been designated as National Minority Mental Health Awareness Month in order to bring awareness to the unique struggles that racial and ethnic minorities in the United States face when it comes to mental illness and treatment. In the U.S. more than 1 in 5 adults live with a mental illness. While Black, Indigenous, and other people of color (BIPOC) in the U.S. experience equal or higher rates of mental illness, they are significantly less likely to receive mental health treatment. These individuals may face barriers such as higher levels of stigma about how mental illness presents in individuals of their race/ethnicity, cultural insensitivity in the health care system, difficulties finding providers who speak their language or understand their culture, and bias within treatment settings themselves.

This disparity causes unneeded distress to individuals already suffering from the burden of a major mental health condition. Spreading awareness of the nature of this disparity in treatment is crucial for pushing for improvements in access to mental health treatment, quality of treatment, and cultural competence in the mental health field. (Cultural competence refers to ability to provide appropriate and effective services to individuals of difference cultures, taking into account their traditions, histories, and values.) These issues are relevant to both patients and mental health care providers in the U.S. and everyone can play a role in promoting equity in mental health treatment for people of all cultures. Through actions like discussing mental health in non-stigmatizing ways, learning about implicit biases and microaggressions, and sharing information about mental health resources with one's community, everyone can take steps towards helping end disparity in mental health treatment.”

-Article provided by Michael Sowles, TLLP

sources:

<https://www.cdc.gov/mentalhealth/learn/index.htm>,

<https://www.chcw.org/july-is-minority-mental-health-month/>



Summer of self-love

As we enter the season of long, sunny days, comes more opportunity to embrace the vibrant energy summer brings. Here are a few things that can be easily integrated into your daily routine!



Visit your local farmer's market

Support small and local vendors while giving yourself the opportunity to incorporate fresh produce into your meals!



Set a daily water target.

Hydration is important as the days get hotter. Set a goal whether it be 24oz or 64oz makes a huge difference in our mental and physical health!



Daily Stretch Session

Set aside as little as 10 minutes right when you wake up or right before bed is a simple and easy way to develop regular, physical activity!



Start a Gratitude Journal

Take 5 minutes before bed and write down at least 2-3 things to be grateful for, It can be as simple as; "I ate a good meal today" or "I got myself out of bed within X amount of time." Keep it simple and basic!



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