

HELIOS NEWSLETTER



July



BIPOC MENTAL HEALTH MONTH

July is recognized as Bebe Moore Campbell National Minority Mental Health Awareness Month – also widely known as BIPOC Mental Health Month.

Sourced from <https://mhanational.org/>*



This month aims to highlight mental health challenges, systemic disparities, and barriers to care faced by racial and ethnic minority communities.

Sourced from FDA*

Roughly 52% of white adults with mental illness receive treatment, this drops to 39% for Black adults, 36% for Hispanic adults, and 25% for Asian adults.

Sourced from www.dbsalliance.org/*

Mental health effects everyone, and having a support system is vital!
Check in on your friends & family, they'll appreciate you thinking of them.

Helpful Resources:

<https://mhanational.org/bipoc-mental-health/bipoc-mental-health-month/>





What is a "Disability"?

According to the ADA, a disability is defined as a physical or mental impairment that substantially limits one or more activities of daily life.

***adata.org**

DISABILITY PRIDE MONTH

No disability is experienced the same way.

Every individual diagnosed with a disability has their own unique journey that deserves recognition of their strength & resilience.

While some disabilities are more recognizable, others may not be, therefore it is important to treat everyone with empathy & kindness.

Did You Know?

More than 1 in 4 U.S. adults (over 70 million people) have a disability.

This makes up approximately 27% of the US population, deeming it the largest and most diverse minority group in the USA.

Why is July recognized as Disability Pride Month?

On March 12th, 1990, over 1,000 people marched from the White House to the Capitol Building in Washington D.C. Of those 1,000, approximately 60 disability activists abandoned their mobility aids and crawled up the 83 steps of the Capitol. This monumental act of bravery became known as the "Capitol Crawl", which led to the signing of the Americans with Disabilities Act (ADA) on July 26th, 1990.

WHAT IT MEANS TO BE AN ALLY



A - Acknowledge & respect individual experiences & abilities
L - Learn about different disability types
L - Leverage your influence to promote accessibility & inclusion
Y - Yield the floor to people with disabilities to identify & eliminate barriers

