Minority Mental Health Awareness Month

RSVP today for our Facebook Live discussion on Thursday!

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. National Minority Mental Health Awareness Month was established in 2008 to start changing this.

Each year millions of Americans face the reality of living with a mental health condition.

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.
This Strength Over Silence installment features NAMI Ambassador Chris Hubbard, offensive tackle for the Cleveland Browns. Hubbard takes us on a journey back to his hometown of Columbus, Georgia, where he shares the unique challenges of playing competitive sports, encourages young athletes to take care of their mental health and relays the importance of asking for help.

This upcoming Thursday at 7 pm CT, NAMI Texas is hosting a Zoom via Facebook Live event “Protect Yourself: Safeguarding Mental Health from Racial & Ethnic Trauma”.

You're not going to want to miss this event, where we'll be uplifting the voices of those who can speak directly to the impact of racial and ethnic trauma. RSVP here!

Many NAMI Texas Affiliates are offering or have offered special events for Minority Mental Health Awareness Month. Please visit your Affiliate websites for more information.

Shout-out to NAMI El Paso's Minority Mental Health Awareness Month Community Forum this week! Click here for details!
Racial and ethnic minority groups in the United States are less likely to have access to mental health services, less likely to use community mental health services, more likely to use emergency departments, and more likely to receive lower quality care. It is no wonder that professional counselors and the Texas Counseling Association remain concerned about racial and cultural disparities that are still evident in our nation’s mental health treatment system.

It is vital that organizations and localities are encouraged to eliminate barriers for professional counseling services for minorities in Texas schools, colleges, mental health agencies, hospitals, rehabilitation centers, private practices and other delivery settings.

Without proper support, people who experience mental health conditions are at an increased risk for other chronic health conditions, adverse health outcomes, and co-occurring substance abuse. Tragically, more than 90 percent of people who die by suicide experience an underlying mental health condition.

Positive mental health is essential to and impacts everyone's overall health and well-being. I encourage all Texans to take charge of their mental wellness and bravely seek help when necessary. An overwhelming majority of people who experience mental health conditions and receive appropriate treatment and support have a significant reduction of symptoms and an improved quality of life.

I encourage everyone across the Lone Star State to learn more about multicultural mental health needs, histories, successes, and practices in our communities, and recognize the important contributions made through the practice of multicultural counseling. When we support and include all of our friends and neighbors, our Texas communities will grow stronger.

Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim July 2020, to be

Minority Mental Health Month

in Texas, and urge the appropriate recognition thereof.

In official recognition whereof, I hereby affix my signature this the 25th day of June, 2020.

[Signature]
Governor of Texas
Join NAMI Texas' Circle of Hope

The Circle of Hope is a passionate group of monthly givers who are on a mission to improve the quality of life of all individuals living with mental illness and their families. The current crisis situation has created an unprecedented demand for NAMI Texas’ no-cost mental health resources. Your monthly gift helps NAMI Texas continue to bring hope and recovery through support, education, and advocacy to thousands of Texans living with mental illness and their families. Join here!

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