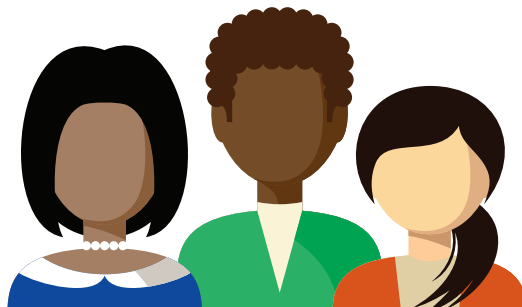


July is National Minority Mental Health Awareness Month

In 2008, the U.S. House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month. Campbell was a champion for mental health education and support among individuals of diverse communities. A leading African American author, she co-founded NAMI Urban Los Angeles and received NAMI's 2003 Outstanding Media Award for Literature. She died in 2006.

“It’s not shameful to have a mental illness. Get treatment. Recovery is possible.”

—Bebe Moore Campbell



Ready to Get Involved?

Visit www.nami.org/minoritymentalhealth to find ways to take part in activities for #MinorityMentalHealth month.

stigmafree

Bebe Moore Campbell believed that the United States needed a national campaign to destigmatize mental illness, especially one targeted toward African Americans. NAMI's stigmafree campaign honors that belief. Help us change the way the world sees mental health by taking the #StigmaFree pledge:

- 1 Learn about mental health issues.
- 2 See the person, not the condition.
- 3 Take action on mental health issues.

www.nami.org/stigmafree

