

No matter who you are or where you're from,
mental illness can still hurt you the same.



July is National Minority Mental Health Awareness Month.

One in five Americans will experience a mental health problem in their lifetimes, and multicultural families are no exception. Since mental illness can affect anyone...no matter what their background...the US House of Representatives proclaimed July as National Minority Mental Health Awareness Month in 2008. This July, won't you help us raise awareness of mental illness, treatment and research throughout America? Because minority communities face enough barriers - access to mental health care should not be one of them.