

National Minority Mental Health Awareness Month JULY

What is National Minority Mental Health Awareness Month?

In May 2008, the US House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month. The resolution, sponsored by Rep. Albert Wynn (D-MD) and co-sponsored by large bipartisan group, was passed in recognition that:

- Improved access to mental health treatment and services and public awareness of mental illness are of paramount importance; and
- An appropriate month should be recognized as Bebe Moore Campbell National Minority Mental Health Awareness Month to enhance public awareness of mental illness and mental illness among minorities.

Who was Bebe Moore Campbell?

Bebe Moore Campbell was an accomplished author, advocate, co-founder of NAMI Urban Los Angeles and national spokesperson, who passed away in November 2006.

Campbell advocated for mental health education and support among individuals of diverse communities. She was passionate about eliminating stigma and providing mental health information to underserved communities.

"Once my loved one accepted the diagnosis, healing began for the entire family, but it took too long. It took years. Can't we, as a nation, begin to speed up that process? We need a national campaign to destigmatize mental illness, especially one targeted toward African Americans. The message must go on billboards and in radio and TV public service announcements. It must be preached from pulpits and discussed in community forums. It's not shameful to have a mental illness. Get treatment. Recovery is possible."

– Bebe Moore Campbell, 2005



Photo Credit:

https://aalbc.com/authors/author.php?author_name=Bebe+Moore+Campbell

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What is happening in California?

NAMI California is committed to addressing barriers to accessing mental health care in underserved communities. We work in partnership with diverse communities to provide mental health education and peer support that is culturally relevant and appropriate.

NAMI California also advocates for policy change to increase access to mental health care and end the stigma surrounding mental illness. We support legislation that promotes treatment and recovery. This also includes policies that divert individuals living with mental illness away from the criminal justice system and into appropriate services.

Each year, NAMI California invites community members from all over the state to come together for the annual National Minority Mental Health Awareness Month- Capitol Advocacy Day. Last year, 23 participants from diverse backgrounds and experiences came together for this important day to advocate for bills that would affect thousands of families and peers in the state. As a whole, we conducted a total of 30 legislative office visits in one day—a new record for NAMI California! In addition, NAMI Affiliates conduct community engagement activities and events targeted to underserved communities. This work can't be done without the valuable contributions from community leaders who work tirelessly to establish access to mental health services for underserved communities and assist with sharing culturally relevant materials in diverse communities.

Remember “Nothing about us, without all of us.”



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