

July is BIPOC Mental Health Month

2021 Theme: Strength in Communities



#BIPOCMentalHealthMonth

#BIPOCMHM

#BIPOCMHM21

#StrengthenCommunities

Connecticut Resources

CT Department of Mental Health
and Addiction Services
www.ct.gov/DMHAS

United Way 2-1-1
www.211ct.org
2-1-1 or 1.800.203-1234

National Resources

Substance Abuse and Mental Health
Services Administration
www.samhsa.gov

Mental Health America
<https://www.mhanational.org/bipoc-mental-health>

Connecticut Clearinghouse Resources

The Unapologetic Guide to Black Mental Health: Navigate an Unequal System, Learn Tools for Emotional Wellness, and Get the Help You Deserve (Book)

Post-Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing (Book)

Latino Families in Therapy (Book)

Acceptance of Mental Illness: Promoting Recovery Among Culturally Diverse Groups (Book)

