



PHOTO CAPTION:

Bebe Moore Campbell's legacy continues to inspire open conversations, reduce stigma, and advance mental health awareness in underrepresented communities.

Honoring Bebe Moore Campbell and the Importance of Minority Mental Health Awareness

July is Bebe Moore Campbell National Minority Mental Health Awareness Month, a time to recognize the mental health needs, strengths, and lived experiences of underrepresented communities.

The observance honors Bebe Moore Campbell, an author, journalist, teacher, and mental health advocate who worked to bring mental illness out of silence, especially in Black communities and other communities of color. Through her writing and advocacy, she helped people talk more openly about mental health, family, stigma, culture, and the importance of support.

Her legacy continues today because access to mental health care is not the same for everyone. Culture, language, stigma, discrimination, cost, insurance, geography, and lack of trust in systems can all affect whether a person seeks care, receives care, or feels understood once they do. For many individuals and families, healing begins not only with treatment, but with being seen, heard, respected, and supported in ways that honor their identity and experience.

Minority Mental Health Awareness Month is not only about disparities. It is also about connection, dignity, and hope. It reminds us that mental health support must be accessible, culturally responsive, and rooted in community. It encourages conversations that reduce shame and help people know they are not alone.

At Bridgeway Behavioral Health Services, this message is central to our mission. We are committed to providing compassionate, recovery-focused care that meets people where they are and supports individuals and families on their path to wellness.

As we enter July, we honor Bebe Moore Campbell's legacy by continuing the conversation, reducing stigma, and working toward a future where every person has access to the mental health support they need and deserve.

[Learn more about Bebe Moore Campbell](#) and National Minority Mental Health Awareness Month from National Alliance on Mental Illness (NAMI).