



# CULTURE, COMMUNITY, AND CONNECTION

*July is BIPOC Mental Health Month*

Who and what we are surrounded by impacts our mental health and overall wellness. Black, Indigenous, and People of Color (BIPOC) populations have faced extreme historical trauma. Still, they experience disproportionately worse health outcomes, endure ongoing discrimination and hate, and are significantly more likely to experience violence than their White peers. Culture, community, and connection are pillars that support and uplift BIPOC individuals when the dangers of oppression and systemic racism threaten the environments where BIPOC individuals live, work, play, and thrive.

While members of the BIPOC community have rates of mental health disorders similar to their White peers, these disorders are **more likely to last longer and result in more significant disability for People of Color**. Trends within the BIPOC community highlight similar disparities and barriers, including stigmas, discrimination, language and cultural differences, and accessibility to proper physical and mental health care.

When we reach out for help, we begin to heal ourselves and our communities.



*Find more resources  
by scanning the QR code.*