

EDUCATION RESOURCES FOR COMMUNITY MEMBERS AND PROVIDERS JULY 2024

JULY: MINORITY MENTAL HEALTH AWARENESS MONTH

It's essential to understand that mental health is important. It includes how we feel, think, and act. Mental health problems are common, with more than 1 in 5 US adults facing them. These issues can be treated and prevented, but not everyone can get the help they need. Some racial and ethnic groups have more difficulty accessing mental health care.

Need Support?

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org
Disaster Distress Helpline: CALL or TEXT 1-800-985-5990
(press 2 for Spanish)



1 IN 5 PEOPLE
EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.

You can make a difference.

#Hopesstartswithyou

WEBINARS/ EDUCATIONAL VIDEOS FOR PATIENTS

- [July 17th: Give Yourself a Mental Boost by Creating a Healthy Home](#)

WEBINARS/ EDUCATIONAL VIDEOS FOR PROVIDERS

- [July 10th: QI Webinar: PPG/IPAs & MSOs Access to LA Care Provider Opportunity Report](#)
- [July 31st: QI Webinar: Physicians and Clinics Provider Opportunity Report](#)