

# July is National Minority Mental-Health Awareness Month

*Mental-health conditions do not discriminate based on race, color, gender or identity.*

Anyone can experience the challenges of mental illness, regardless of their background. However, background and identity can make access to mental-health treatment much more difficult.

## STRENGTH over SILENCE

Cleveland Browns' offensive tackle Chris Hubbard tackles mental-health stigma in his hometown of Columbus GA.



## Your voice is meant to be heard; you are not alone.

- This is a caring workplace where you are encouraged to ask for support.
- The **National Alliance on Mental Illness** HelpLine can be reached Monday through Friday, 7 am-3 pm PST, at **800.950.6264**.
- Get help for you and your loved ones with NAMI mental-health resources. Find them on-line at **www.nami.org**.
- Help is available 24/7 via the National Suicide-Prevention Lifeline at **800.273.8255**.

Scan this QR code to learn more about National  
Minority Mental-Health Awareness Month.

*Source: NAMI.org*



Learn more about  
Culture of CARE at  
**AGCWA.COM**

