

Minority Mental Health Awareness Month

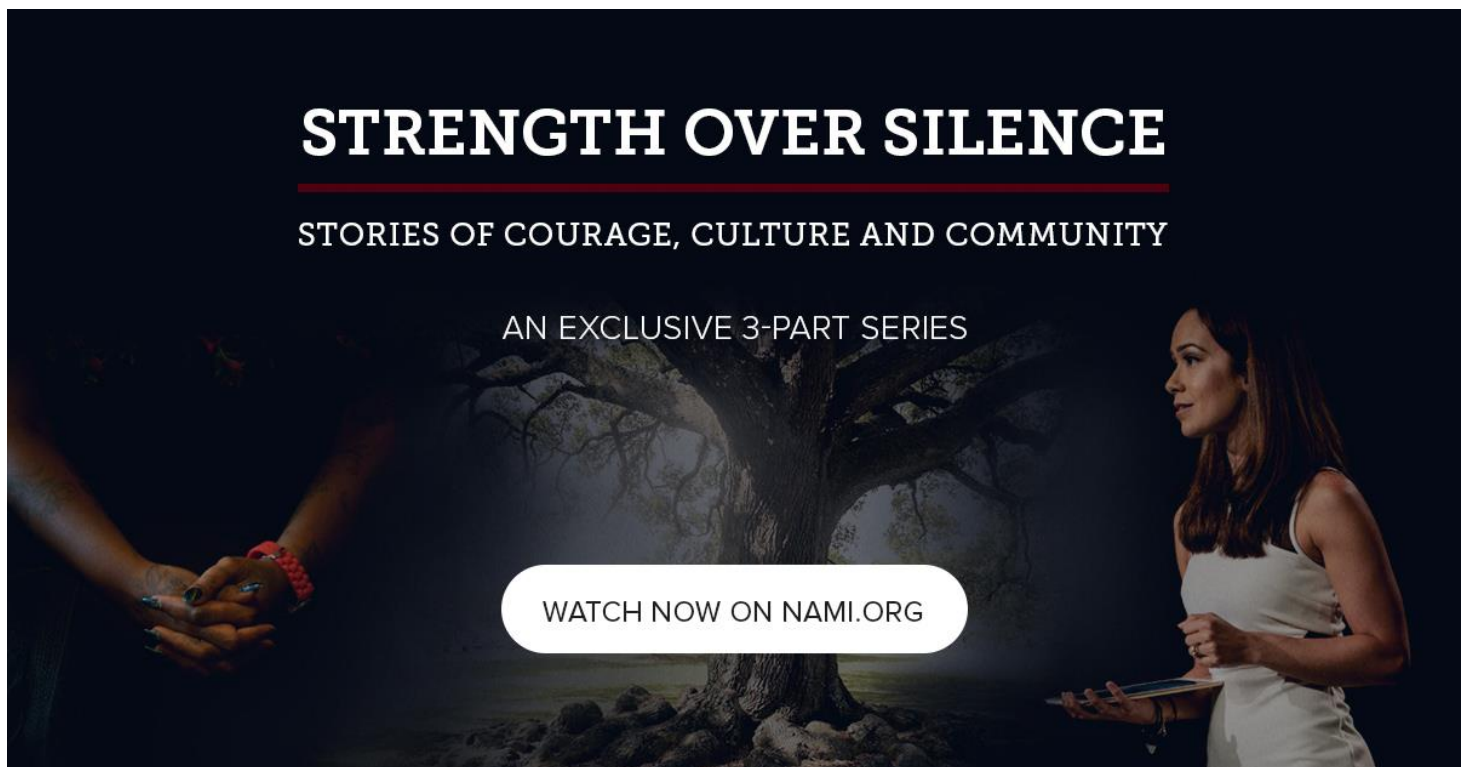
Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult.

National Minority Mental Health Awareness Month was established in 2008 to start changing this.

Each year millions of Americans face the reality of living with a mental health condition.

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care.

Strength Over Silence



Watch the new three-part docuseries, *Strength Over Silence: Stories of Courage, Culture and Community*. NAMI explores unique perspectives on mental health from the African-American and Latino communities. Through candid and courageous stories of lived experience, these mental health champions share their journeys of resiliency and recovery.



<https://www.nami.org/Get-Involved/Awareness-Events/Minority-Mental-Health-Awareness-Month/Strength-Over-Silence-Stories-of-Courage-Culture>