

YOU ARE NOT ALONE!

If you or someone you know are struggling with mental health, the free NAMI HelpLine is here for you.

Contact a NAMI HelpLine Specialist

- Call 1-800-950-NAMI (6264)
- Text "HelpLine" to 62640
- Email helpline@nami.org.

Connect with a Teen & Young Adult HelpLine Specialist

- Call 1-800-950-NAMI (6264)
- Text "Friend" to 62640
- Email helpline@nami.org.



ECHO (Enhancing Collaborative Health Options & Opportunities)
Through **HOPE** (Hope and Healing Opportunities with Preventive Education)

Honoring Bebe Moore Campbell's Groundbreaking Legacy – July 2025



This month the Centers for Disease Control and Prevention (CDC) is focusing on raising awareness for several health observances, including National Minority Mental Health Awareness Month.

National Minority Mental Health Awareness Month, also known as Bebe Moore Campbell National Minority Mental Health Awareness Month, aims to raise awareness about the unique mental health challenges faced by individuals in racial and ethnic minority groups. It also highlights the need for culturally relevant mental health services and resources.

In 2008, inspired by Bebe Moore Campbell's charge to end stigma and provide mental health support for minoritized communities, the US House of Representatives designated July as Bebe Moore Campbell National Minority Mental

Health Awareness Month. While there have been recent attempts to change the month's name, NAMI continues to recognize the importance of honoring Campbell's incredible legacy and her groundbreaking work in helping shift the mental health culture in underserved communities.

Campbell understood that mental health isn't just about individual healing — it's about community transformation. She knew that when those who have been unseen and unheard share their truths, they create ripples of hope that reach far beyond themselves. Her vision was radical yet simple: creating spaces where cultural wisdom meets modern understanding, where lived experiences become guideposts for others walking similar paths.

MESSAGE FROM MZCD STAFF

Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, and Barbara Anderson.



Break the Stigma!

Hope, Healing, and Recovery—One Conversation at a Time

In many marginalized communities, mental health challenges have long been silenced—buried under stigma, isolation, and lack of access.

Today, a powerful shift is underway. Brave voices are rising. Stories are being shared. One conversation can spark hope, build trust, and start the healing process.

NAMI witnesses this transformation daily. They see how one honest conversation can spark healing, how one person's courage to speak up can save someone else's life, and how communities that come together can become the medicine that creates hope, healing, recovery, and wellness.

You May Ask... "What Can I Do to Break the Silence?"

Breaking stigma starts with breaking the silence. Mental health isn't a privilege—it's a right that belongs to all of us, and everyone deserves to have their story told and heard.

- A conversation as simple as "How's

your heart today?" can be the bridge between someone struggling in silence and finding hope. Start small. Start today.

- Imagine communities where saying "I'm not OK" feels normal, and support is available to everyone—without shame, stigma, or barriers. That's the world we're building.

- "We don't talk about that in my community." We're changing that narrative. Being vulnerable isn't weakness—it's connection, it's strength, it's healing.

- Bebe Moore Campbell planted seeds that are still growing. Every conversation we start carries her vision

forward. Her legacy lives in our healing. Join us in creating hope and healing for all.

Bebe Moore Campbell saw communities struggling in silence. She refused to accept that as normal. We carry her torch by breaking stigma.

Learn more at nami.org/bebemoore



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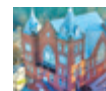
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Education Means Power – in collaboration with initiatives to impact the opioid crisis.

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