

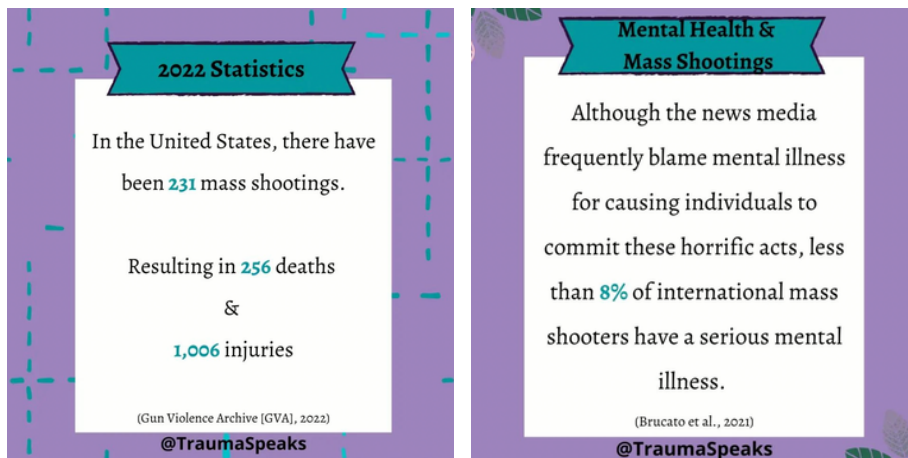
July Newsletter

celebrate the
strength in our
communities

JULY IS BIPOC MENTAL HEALTH MONTH

July is dedicated to raising awareness for the unique struggles that underrepresented groups face in regard to mental health in the US. This year's theme of #BeyondTheNumbers represents the history and culture BIPOC individuals celebrate that go beyond the numbers. It also represents the resilience and strength in each of these cultures.

Gun Violence and Mental Health



Our latest blog post discusses recent cases in gun violence and how the effects of mass shootings impact our mental health. Understandably, being a witness or survivor of this event can be extremely traumatizing and can result in PTSD, anxiety, and other stress disorders. These effects are also enhanced in children. You can read more on our [blog](#).

Join Our Community

You can always subscribe to our newsletter and follow us on social media to be a part of our community! Keep up with our latest events, blog posts, podcast episodes, and more!

Our latest podcast episode, which is the first episode of season 3, discusses mental health in media. Check it out [here!](#)

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