



## Bridging the Gap: Minority Mental Health Matters

July is Minority Mental Health Awareness Month, a time to raise awareness of the mental health challenges that impact racial and ethnic minority communities. Mental health is essential at every stage of life. Addressing disparities in care is a step toward healing and equity for all.

### Mental Health Care Must Include Every Voice and Every Background

Mental health affects how we think, feel, and relate to others. For people in racial and ethnic minority communities, access to care can be limited or culturally out of touch. Stressors like discrimination, income inequality, and lack of representation in care settings can add to the challenge. We need systems that listen, providers who reflect our communities, and resources that respect culture and language.

If something feels off, speak up. Ask questions, be honest about how you're feeling, and don't be afraid to seek help. Learn your family's mental health history, explore therapy options that feel safe and relatable, and remember that healing isn't one-size-fits-all.

### Why It Matters

Nearly 1 in 4 adults in the U.S. lives with a mental illness. These conditions are common, treatable, and often preventable. When minority communities are overlooked in mental health care, disparities grow deeper and harder to overcome.

### What Can You Do

- Talk openly about mental health in your community.
- Push for providers who understand your background and needs.
- Share local mental health services and hotlines.
- Encourage leadership that reflects the people they serve.
- Support year-round efforts to close the equity gap in mental health care.



For more Information, visit [www.cdc.gov/minority-health](http://www.cdc.gov/minority-health)



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment, and access to care through education, programming and advocacy. Learn more at [balmingilead.org](http://balmingilead.org).

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