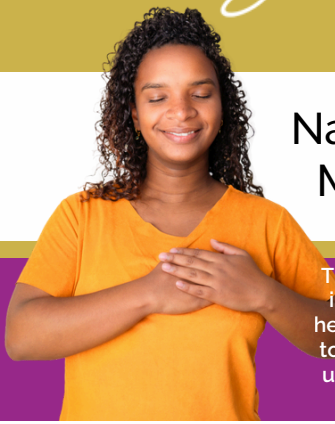
THE BALM IN GILEAD INC

Sunday Morning HEALTH CORNER



National Minority Mental Health Month: Finding Peace of Mind

This month is a time to spotlight the unique challenges that people in racial and ethnic minority groups face when it comes to mental health. When navigating obstacles in our ever-changing world starts to feel overwhelming and your community is facing exhaustion and uncertainty, taking time to prioritize self-care, and lean into helpful resources can be an important way to support your well-being.

Let's Get Specific!

We often hear "mental health" used as a broad term, but what exactly does it encompass? Mental health includes a state of overall psychological, emotional, and social well-being. It varies from person to person in how it affects the way we think, feel, act, handle stress, make choices, and relate to others.

When it comes to minority groups, there is a variety of core obstacles communities face.

Lack of Culturally Competent Care: Notable lack of diversity among licensed mental health professionals make it a challenge to find therapists who understand unique cultural backgrounds of minority patients.
Cultural Stigma: Deep rooted cultural or religious disapproval surrounding mental illness leads individuals to keep struggles within the family in lieu of seeking professional help.
Systemic Discrimination: Historical and ongoing abuses in the healthcare system lead to medical mistrust.
Communication Barriers: A shortage of bilingual therapists and translated clinical resources for non-English speakers.
Socioeconomic Disparities: Minorities are statistically more likely to be underinsured or uninsured.

Steps to Support Your Mental Health

- Take a guilt-free break when needed - you do not have to earn rest.
- Spend time with people and in spaces where you feel safe and respected.
- Build a routine that grounds you - journal, move your body, lean into your faith, immerse yourself in new hobbies that bring you joy.
- Acknowledge small wins - showing up for yourself counts as success.
- Let support in before you're burned out - you don't have to wait until things get "bad enough" to ask for help.





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, treatmentand access to care through education, programming and advocacy. Learn more at **balmingilead.org**.

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