



Everyone Deserves Great Mental Health

July is National Minority Mental Health Awareness Month. Celebrate diversity and learn about the impacts mental health has on minority communities.

Poor mental health can impact anyone. While people from different minority communities may experience unique stressors, everyone can benefit from paying attention to mental health.



Minority communities often struggle with:

- Discrimination
- Economic disenfranchisement
- Healthcare disparities
- Social stigmas



A major risk factor for poor mental health is poor physical health. Chronic illnesses keep people from doing what they love, put tremendous emotional and financial stress on the whole family, and can result in deadly consequences if left unaddressed.

Recognizing some key signs of poor mental health can help you and your loved ones recognize that help is needed. Regardless of which community a person belongs to, poor mental health often takes similar forms. Look for some of these mental health red flags in yourself or loved ones:



- Showing disinterest in hobbies and social events
- Suddenly preferring to be alone
- Turning to substances or food to cope with issues
- Unusual poor performance at work or in school



It can feel intimidating when seeking mental health treatment for the first time.

- If you feel more comfortable speaking in a specific language or to someone from a certain cultural background, find a mental health counselor who meets those needs so you can feel as comfortable as possible.
- When you're going to speak with a counselor, plan ahead so you know exactly what you want to say and discuss. Prepare notes of what you'd like to discuss to keep you focused during your appointment.

It's important to stay on top of your mental health. Speak to your doctor about any concerns you may have. Find a doctor at weillcornell.org/doctors