



July is  
**BIPOC Mental  
Health Month**

Accessing needed mental health care is often more difficult within BIPOC (Black, Indigenous and People of Color) communities.

1. People in marginalized communities face systemic barriers to care.
2. Individuals within many BIPOC demographic categories experience disproportionate psychological distress, depression and suicidality.
3. Providers need to foster trusting, healing mental health environments and help eradicate minority stigma.

Call your Employee Assistance Program and Family Resources at 1-877-804-9753 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) for helpful resources.

