Minority Mental Health Awareness

Our culture, beliefs, sexual identity, values, race, ethnicity and language can all affect how we perceive mental health conditions and treatment. These differences can influence whether or not we seek help, what type of help we seek, what coping styles and supports we have, and what treatments might work for us.

When seeking mental health assistance in any form, it is important to feel comfortable enough with the provider to disclose relevant information about beliefs, culture, sexual orientation and/or gender identity that could potentially affect care. Providers play a vital role in treatment, so feeling understood and knowing you communicate well with each other is crucial. Culturally competent mental health professionals can integrate beliefs and values into treatment, making it easier to address issues and to benefit from counseling or other forms of mental health support.

Your EAP is committed to supporting diverse workforces and strives to fulfill your preferences for culturally competent mental health professionals who can meet your emotional needs. This video from your Employee Assistance Program explains how counseling can work for you and your family.

Resources

- NAMI Minority Mental Health Awareness: https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month
- U.S. Department of Health and Human Services, Office of Minority Health: www.minorityhealth.hhs.gov
- GuidanceResources® Digital Toolkit: Diversity and Inclusion

Contact Beyond Benefits and let one of our experts find culturally competent mental health resources near you.

Beyond Benefits: Here when you need us.

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